



New Trail Maintaining Crew in Westchester

Mary Dodds finds no rest in retirement.

[READ MORE ON PAGE 5](#)



JEREMY AFGAR

Trails to Great Photos

Documenting New Jersey's scenic beauty in our first photography workshop.

[READ MORE ON PAGE 6](#)



TRAIL WALKER

Summer 2012

New York-New Jersey Trail Conference – Connecting People with Nature since 1920

www.nynjtc.org

Trail Opening Brings Gunks-Catskills Connection Close for Long Path

Flagging ribbons became opening ribbons on Minnewaska's Mine Hole Trail on June 2, National Trails Day. Trail Conference volunteers and staff welcomed state, local, and park officials and hikers to the official opening of the new trail, which makes possible a long-sought off-road (mostly) link for the Long Path (LP) between the Shawangunk and Catskill Mountains. The LP reroute in this area involves 25 miles of the trail.

The LP will follow the Mine Hole Trail from Smiley Carriage Road to (heading north) Berme Road, where a 2-mile pastoral road walk along Port Ben Road and Lundy Road will take the trail to Vernoo

State Forest. One last regulatory hurdle remains to be crossed in order to blaze a route for the LP through that forest and the adjacent Sundown Wild Forest. Details of the reroute are reported on our website (www.nynjtc.org/mine-hole-trail) and on page 1 of the Spring 2012 *Trail Walker*.

Cutting the ribbon at the Mine Hole trailhead on Foordemore Road in the Town of Wawarsing, were, left to right in photo: Neil Zimmerman (partially hidden), American Hiking Society and Trail Conference past president; Jim Hall, Executive Director Palisades Interstate Park Commission; Willie Janeway, Director of Region 3, Dept. of Environmental



GEORGETTE WEIR

Volunteers finished the new trail in May.

Conservation; Chris Connolly, Board Chair of the NY-NJ Trail Conference; Scott Carlsen, Supervisor of the Town of Wawarsing; Jakob Franke, co-chair with Andy Garrison (not seen) of the Trail Conference Long Path South Committee; Eric Humphrey, Superintendent of Minnewaska State Park Preserve; Jean-Claude Fouere, Mid Hudson Adirondack Mountain Club, hike leader for the event. Not in the photo: Ed Goodell, Executive Director, Trail Conference.

Note: The reroute of the LP through Minnewaska State Park has resulted in changes in blaze colors of trails along which it previously followed in the park. See West Hudson Field Notes, page 4, for new blaze colors.

Financial support for Trail Conference work on this project was provided by the Environmental Protection Fund and the New York State Conservation Partnership Program, a collaboration between the state Dept. of Environmental Conservation and the Land Trust Alliance.



GEORGETTE WEIR

State and local officials joined Trail Conference volunteers, staff and hikers to open the Mine Hole Trail at Minnewaska State Park Preserve on National Trails Day.

Yanking Garlic Mustard, Defending Lady's Slipper: A Day with the Invasives Strike Force

The day dawned with fog and mist. How many of our volunteers would be deterred by the unpredicted early morning gray skies?

None! The full Force of 9 met at the designated trailhead in Worthington State Forest in New Jersey, and kicked off the day with a group photo. By the time we hiked the 2 miles up to the ridge, the day was beautifully sunny.

The trail along which we had hiked was a spectacularly nice one in terms of native vegetation. Thick stands of Christmas fern were abundant, bluets (*Houstonia caerulea*) flowered all along the trail as did occasional yellow star grass (*Hypoxis hirsuta*). We were excited to encounter a stand of pink

lady's slipper orchids (*Cypripedium acaule*) in bloom. One of our volunteers, Richard Pillar, demonstrated how to hand-pollinate the flowers. Several of us took turns helping to ensure a future generation for these lovely flowers.

We also spotted several red efts, the juvenile stage of the red-spotted newt, a type of salamander, hanging out in the moist path. Other than at the trailhead, we saw few invasive plants. The natural community looked diverse and relatively healthy, with a good shrub layer present. As we reached the top of the ridge near the intersection with the Appalachian Trail, we met the invading hoard preparing to descend—a large patch

of garlic mustard (*Alliaria petiolata*).

Garlic mustard is an invasive herbaceous plant that suppresses the beneficial fungi in the soil that native plants need to thrive. Over time it decreases the diversity and creates a monoculture of garlic mustard in the understory. The hike had accomplished what it was intended to do: give the volunteers an appreciation of the quality of the native forest and the trail through it, to know that by removing the garlic mustard we were helping to protect something of value.

The Invasives Strike Force, begun last year, surveys our trails for invasive plants

continued on page 7



RICHARD PILLAR

One of many pink lady's slipper orchids seen along the trail.

We Adopt 26 More Trail Miles in the Catskills

Catskill hikers: We now have new opportunities to volunteer on the trails you love.

The Trail Conference is adding more than 26 miles of trails and one lean-to (Quick Lake Lean-to) to its caretaking roster in the Catskill State Park. These trails are now available for adoption by individuals or groups. (We expect to appoint a lean-to caretaker from a waiting list of volunteers.)

The trails are in scattered areas in the Catskills and offer varied opportunities for trail maintainers, some with easy grades, others crossing ridge tops. With these new adoptions, the Trail Conference currently manages maintenance of 27 lean-tos and more than 200 miles of trails in the Catskill Mountain region.

Pine Hill-West Branch Trail

The Pine Hill-West Branch (PHWB) Trail, 9.8 miles long, is located in the Big Indian Wilderness area of the central Catskills and extends from Pine Hill near the Belleayre Ski Center south over Belleayre, Balsam, Haynes, Eagle, and Big Indian Mountains before ending on County Route 47. As the trail traverses these peaks, there are numerous views and other interesting areas along the way. A section of this trail will be adopted by the Rip Van Winkle Hikers, a member club of the Trail Conference. The group spearheaded the clearing of this previously neglected trail over the past two years.

We now maintain more than 200 trails miles and 27 lean-tos in the Catskill region.

Olivera-Mapledale Trail

The Olivera-Mapledale (OM) Trail, also located in the Big Indian Wilderness area of the central Catskills, extends 3.65 miles in an east-west direction, crossing the PHWB Trail about a third of way down that trail from Pine Hill to CR 47. From the east, the OM Trail starts at the end of Rider Hollow Road, traveling up and through the notch between Balsam and Haynes Mountains before dropping down McKinley Hollow and ending at the end of McKinley Hollow Road. This trail suffered some damage during Hurricane Irene and the Trail Conference will be helping the DEC improve eroded sections and relocate the trail where required.

Mud Pond Trail

The Mud Pond (MP) Trail is located in the Delaware Wild Forest of the western Catskills. The MP Trail extends 1.6

continued on page 6

Upcoming ISF Trail Crew workdays

Saturday, July 14 - Bear Mountain State Park, NY

Sunday, July 15 - Norvin Green State Forest, Ringwood, NJ

Saturday, July 21 - Worthington State Forest, western NJ

Saturday, July 28 - Flat Rock Brook, Englewood, NJ

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GEORGETTE WEIR
LOUIS LEONARDISEDITOR
GRAPHIC DESIGNER

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Mission Statement

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

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

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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 103 hiking and outdoor groups, and 10,000 individuals.

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Our Future HQ: Volunteer Campaign Leadership and Stakeholders Team Forming

Efforts are underway to bring together a campaign team to transform the Darlington Schoolhouse—an iconic 1891 landmark—into the public face of the Trail Conference.

In 2007, the Trail Conference acquired the beautiful historic property jointly with Mahwah Township with state and county funding. A first stage of rehabilitation stabilized the schoolhouse structure while preserving the architectural significance of the building, which is listed on the National Register of Historic Places.

Local business, civic, foundation, and Trail Conference volunteer leaders have come together as a Stakeholders Action Team to cultivate support and raise the funds to finish renovating the schoolhouse into a 21st century headquarters and a unique community resource.

An Opportunity for Education

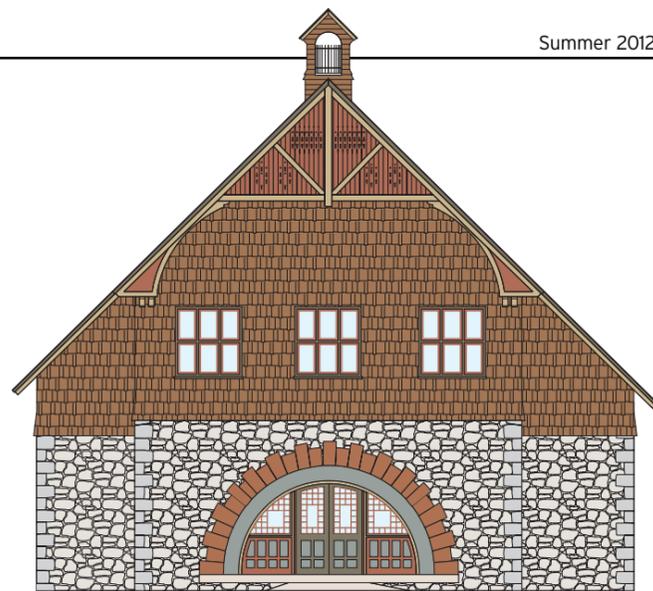
At the heart of the Trail Conference's mission is education. Each year we train hundreds of hard-working volunteers, who help us to create and protect 1,800 miles of public nature trails—a critical service in an era of budget shortfalls and nature deficit disorders.

The Trail Conference provides an alternative to these trends by making public open space accessible to the public through our many resource offerings, which include maps, books, and other literature as well as training in environmental stewardship, trail building, mapmaking, and advocacy.

But we need a physical center—a place for our resources to be housed, where we can accommodate volunteers, residents, and visitors.

With this project, the Trail Conference gains a facility that allows us to provide the following valuable benefits to the public and Trail Conference members:

- A visible headquarters for the 92-year-old Trail Conference
- A center for volunteer stewardship training with classrooms for workshops and volunteer projects
- An assembly room to accommodate Trail Conference meetings and community gatherings of over 100 people
- A visitors center, library, and community resource
- Access to thousands of acres of surrounding parkland and trails
- A new trail from the entrance to Ramapo College to the Ramapo Reservation
- Increased opportunities for partnerships with other clubs and groups



Located in Mahwah, NJ—which in the Leni Lenape language means "Place Where Paths Meet"—the rustic schoolhouse provides a gateway to thousands of acres of public land.

Help Us Make this Vision a Reality

Although the Trail Conference successfully raised the money to acquire the historic schoolhouse and undertake emergency steps to restore the building, we estimate \$2.4 million is needed to finish the restoration, build an educational annex, and preserve the property forever.

Once the project is complete, everyone will benefit—hikers, nature enthusiasts, Ramapo College students, community members, and Trail Conference partners.

We need your help! Please join us in the campaign to transform Darlington Schoolhouse into the Trail Conference Headquarters and Visitors Center. For more information contact the office: 201-512-9348.

Tour the Schoolhouse

Guided tours of the schoolhouse are now being offered on alternate Thursdays. Call the office for additional information and to register: 201-512-9348.



Feedback

On Our Website Re Giant Stairs Hike and Rock Slide

[On \[nynjtc.org/hike/giant-stairs-long-path-loop-state-line-lookout\]\(http://nynjtc.org/hike/giant-stairs-long-path-loop-state-line-lookout\)](http://nynjtc.org/hike/giant-stairs-long-path-loop-state-line-lookout)

On May 12th, 2012 GenieA1 wrote:

This is just a fabulous hike. My husband and I did it yesterday (May 11, 2012) for the first time and found it to be precisely as described. We got back to the parking lot in 4 hrs, 15 minutes, having taken the "side trip" to the Women's Federation monument. Among my favorite moments: seeing a ring-necked snake, his scales glittering like a necklace in the sun; enjoying the Peanut Leap waterfall (in my camera, it came out looking like fireworks) and of course taking in the incomparable, dizzying views and realizing that, at last, we were standing atop those sheer cliffs we see every time we take the train from Beacon to New York City. Hoorah for this hike!

On May 13th, 2012 pwchao wrote:

A new rock slide just happened....

On May 14th, 2012 Daniel Chazin wrote:

The Shore Trail is CLOSED across the Giant Stairs (boulder field between Forest View Trail and Peanut Leap Cascade) due to a major rockslide that occurred on Saturday, May 12th. The trail is currently unsafe and will remain closed until it is stabilized. [Ed. Note: The closure is expected to last at least a year.]

Clear Viewpoint on Slide Mountain

April 15th, 2012: tree188 wrote: on nynjtc.org/forum/trail-conditions:

Views from the top of Slide are disappointing. Time to clear some of the growth. Views from the top of Cornell were excellent on the west side and passable on the east side. View from the ledge on Wittenberg was the best of all and expansive.

Trail Conference response:

The Dept. of Environmental Conservation (DEC) is responsible for vista clearing, so, unfortunately, Trail Conference volunteers cannot keep the view on top of Slide (or any other vista in the Catskills) open. We continue to urge the DEC to maintain all of the official vistas in the Catskills on a regular basis so that we do not lose any of those great views in the mountains.

Great Hike and Description

April 26th, 2012 naterh commented on nynjtc.org/hike/island-pondlemon-squeezer-loop:

I decided to spend Easter in nature's cathedral and do a hike on the AT/Lemon Squeezer loop, which is a good hike with plenty of variety. The trees were still pretty bare when I did this hike, but I imagine that it would be very beautiful in the summer and the fall. I would recommend this hike. It was beautiful and not strenuous at all. I walked it slowly and completed it in four hours. The description/instructions ... are easy to follow and are exact to keep you on the right path and keep you informed on what's coming up next.

Also, I took public transportation to reach the trail and it couldn't have been easier. It was exactly as the bus instructions suggest. ... The best thing is when you get your round-trip ticket at the Short Line bus ticket booth in the Port Authority, make sure you tell them that you are hiking and they will give you a hikers' discount.



On Facebook From Kilimanjaro

June 6, 2012

Trail Conference member and enthusiast Paul Bauer of Fort Lee, NJ, posted this photo of himself in Trail Conference hat and shirt: "Check out what I was rocking atop Mount Kilimanjaro last month!"



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Send Us a Letter

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

From the Executive Director



What We Do with Your Money

The success of the open space movement over the past century has resulted in a steady increase in permanently preserved parkland for the public to discover. Trail Conference members should be proud of being a big part of that success story.

Not only has the Trail Conference been involved in most major land protection success stories going back 80 years in the Hudson and New Jersey Highlands, but we are leaders when it comes to making those lands accessible via trails to the broader public. This latter service enables healthy lifestyles, supports local economies, and

We harness and coordinate volunteer efforts and partner resources to best serve open space, its users, and volunteers.

protects the natural resources. Most important is that all the relevant research confirms the logic that people who recreate outdoors are much more likely to support land preservation and environmental/conservation policies. So, land protection and

trail creation are part of an ever expanding virtuous circle of public land protection—the more people experience open space, the more they want it protected. And the number of outdoor recreationists is steadily increasing, with almost 2.2 million hikers in the Greater New York Metropolitan Statistical Area, which approximates the 20 counties in which the Trail Conference maintains trails.

Unfortunately, the steady increases in parkland acreage have been accompanied by alarming declines in park staff and funding, especially in the last decade or so. As a result, the remaining park resources are mostly devoted to the maintenance of front-country amenities such as buildings, bathrooms, swimming facilities, campgrounds, roads, parking, water and sewer infrastructure, etc. Backcountry amenities, like trails and bridges, never accounted for much of park budgets, but there is even less now. Thus, the need in this region for the Trail Conference's volunteer park and trail stewardship has never been greater or more urgent.

With the help of our members, donors, and especially volunteers, the Trail Conference has responded by significantly increasing volunteer training and capacity, the miles of trails maintained (more than 1,800 miles and growing by 50+ per year), the partner locations we serve (122), the stewardship programs provided (such as our invasives monitoring and management), and the amount and quality of convenient information about how to connect with nature in a safe and responsible way. There are more than 2.5 million views of our website annually, and we are produc-

ing new, updated versions of our maps at an unprecedented rate. In this, the nation's most densely populated region, your support allows the Trail Conference and its partners to provide one of the best, and certainly the most accessible and heavily used, trail systems in this country.

The key ingredient of this "trail magic" is, as I've observed before, the renewable energy of volunteers who are willing to engage in the stewardship of trails and trail lands. Whatever their motive—a desire to give back to the trails they have enjoyed or just to have another reason to be outside—volunteers have powered the Trail Conference for 92 years. With your help, the Trail Conference strives to harness and coordinate volunteer efforts and partner resources in a way the best serves the open space, its users, and the volunteers themselves.

This coordinating function is the responsibility of the program staff who are supported through your charitable contributions. Our basic staff structure includes a program coordinator for each of four regions—East of the Hudson, West of the Hudson, Catskills, and New Jersey. The program coordinators serve as a single point of contact and support for all volunteers and partner agencies in their region. Their diverse responsibilities involve volunteer recruitment, training, and assignments, as well as partner relations, project management, and communications. The program coordinators, in turn, are supported by specialized program staff in areas such as cartography, communications, and volunteer management.

This model is working well to expand

the scope and volume of our services. With 70,000 annual volunteer hours recently recorded, we are well on our way to 80,000 volunteer hours per year. With volunteer hours in New York and New Jersey valued at an average of more than \$25/hour, this will amount to more than \$2 million of annual volunteer effort or the equivalent of 40 full-time employees. In effect, each of our 13 employees leverages an additional 3 full-time equivalents of volunteer effort. Since our entire annual budget is less than \$2 million, you can take satisfaction that every dollar you contribute is matched by more than a dollar's worth of volunteer effort.

With park lands increasing and budgets declining, we expect the Trail Conference will be asked to do even more. With your help, we will continue to meet that increased demand by leveraging the public's love of nature and willingness to engage in stewardship and outdoor volunteerism.

I am really proud to be part of such an important effort carried out by so many dedicated people. I hope you are, too, and will continue to be a supporter.



— Edward Goodell
Executive Director
goodell@nynjtc.org



Grants Support Gunks Greenway Project

Two grants totaling \$62,000 will support the Trail Conference's Gunks Greenway project along the southern Shawangunk Ridge. The Conservation Alliance, a national group of outdoor industry companies, is awarding \$35,000 to the project. The grant was one of 19 announced on April 3, 2012, by the Alliance, which makes grants to community-based campaigns to protect threatened wild habitat, preferably where outdoor enthusiasts recreate.

On April 22, the Conservation Partnership Program (CPP) of New York announced it would support the project with a grant of \$27,000. CPP is administered by New York State Department of Environmental Conservation and the Land Trust Alliance and supports land preservation work in New York State. Its grants are funded through New York's Environmental Protection Fund (EPF) and require private and local matching funding. The grant to the Trail Conference was one of 53 land protection projects to be funded by the CPP in 2012-2013.

The Gunks Greenway is an ongoing Trail Conference campaign that combines advocacy and land acquisition to complete an unbroken greenway linking the Catskill Forest Preserve in New York and the Delaware Water Gap National Recreation Area in New Jersey/Pennsylvania. These are

the two largest conserved areas in the nation's most densely populated region. With the June opening of the new route for the Long Path in Minnewaska State Park Preserve (see page 1), the Long Path is within 2 miles of Vernoooy State Forest in the Catskills. A route through the forest awaits state approval.

The Southern Gunks is a portion of the Shawangunk Ridge, a geologic feature that stretches hundreds of miles across five states, with a protected ridge-top *except* in the Southern Gunks. This unique greenway is an important ecological and recreational resource. Within the greenway, the 40-mile Shawangunk Ridge Trail has been a Trail Conference work-in-progress for decades, aiming to connect High Point State Park in New Jersey and Minnewaska State Park Preserve in New York. Sections of the trail cross land that remains unprotected.

The Trail Conference aims to build popular support for completing the Southern Gunks Greenway. The advocacy will concentrate on both grassroots constituents and key decision makers to secure municipal resolutions of support and, ultimately, expansion of the Huckleberry State Forest through the acquisition and transfer of lands to New York State.



Conservation News

OSI Protects Little Stony Kill Falls in Shawangunks

In April, the Open Space Institute announced that it had acquired a 233-acre parcel that protects one of the last major waterfalls in private ownership in the Shawangunks, known locally as Little Stony Kill Falls or Nonkanawha Falls. (The falls are noted on Map 104 of our Shawangunk Trails set.)

The property provides land for new trailheads that will give access to thousands of acres at the Minnewaska State Park Preserve. The newly protected lands also include the Little Stony Kill stream, which meanders through miles of bedrock and pitch pines.

The parcel was acquired by the Open Space Conservancy, OSI's land acquisition affiliate, from the Ukrainian National Association (UNA), a Ukrainian fraternal organization which since 1953 has operated a center known as Soyuzivka Heritage Center on approximately 130 acres of land it is retaining in the town of Kerhonkson, Ulster County.

The land will be conveyed to the New York State Office of Parks, Recreation and Historic Preservation (OPRHP) as an addition to the Minnewaska State Park Preserve. OSI and its partners, including the Trail Conference, have added more than 12,000 acres to Minnewaska over the

past two decades, making it—at more than 22,000 acres of forested lands and lakes—the largest park preserve in New York State.

The newly acquired lands protect some of the most scenic and remote portions of the Shawangunk Ridge. OSI has acquired thousands of acres of wilderness lands on the western side of the ridge, including lands in the remote Witch's Hole and Mine Hole Hollow, where Trail Conference volunteers just completed the new Mine Hole Trail (see page 1).

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When you give to the Trail Conference, you see real results on the ground.

Regional Field Notes

Catskills

Jeff Senterman,
Catskills Program Coordinator
jsenterman@nynjtc.org



Trail University

Spring workshops included two successful Introductions to Trail Maintenance, one in Haines Falls in the eastern Catskills and one in Stamford in the western Catskills. In both cases we worked with partners: the Mountain Top Historical Society, in Haines Falls, hosted our eastern workshop, which was also supported by the Kaaterskill Rail Trail Committee (see Trail Update). In Stamford, we partnered with Headwaters Trails and the Greater Stamford Chamber of Commerce.

We also held an advanced level workshop in Trail Layout and Design. The NYS Dept. of Environmental Conservation (DEC) hosted the classroom portion of this workshop at the Belleayre Ski Center. For lessons in the field, we headed to Romer Mountain to study the very challenging trail layout for the new section of the Long Path that is now under construction.

Trail Updates

Kaaterskill Rail Trail: The field work portion of our Introduction to Trail Maintenance workshop at Haines Falls resulted in clearing a major portion of this future trail. Minor trail clearing and some erosion control work remains on privately owned portions of the trail. On the section in the Forest Preserve, the DEC has begun work to repair an eroded culvert. We hope that all work will be

completed by fall so that the official opening of the trail can take place as part of the annual Lark in the Park schedule of events this October.

Woodland Valley/Romer Mountain Long Path Relocation:

In May, the Trail Conference received the permit from the DEC that allows us to officially begin construction of this approximately 7-mile relocation. Watch the Trail Crew calendar on the website for trips. We expect to be working on this trail throughout the summer and the fall.

Little Pond Trail Relocation: This popular trail behind the Little Pond State Campground receives lots of use, and sections of it suffer from serious erosion. The Trail Conference has helped the DEC flag a relocation and, following some preparation by the DEC trail crew, we will be completing this approximately half-mile-long relocation. The new path will offer a more pleasant climb to the



Graduates of Intro to Trail Maintenance at Headwaters Trails in Stamford, NY.

extraordinary meadows near the top of the trail that provide beautiful views of the entire Beaverkill Valley.

New Trails for Adoption: The Trail Conference has adopted several dozen miles of trail from the DEC for maintenance. The adopted trails include sections of the Pine Hill-West Branch Trail, the trails around Frick Pond, Hodge Pond, and Quick Lake, and the Mud Pond Trail. See page 1 for more details on these trail sections.

New Jersey

Jonathan Martin,
New Jersey Program Coordinator
jmartin@nynjtc.org



This is my first official *Trail Walker* entry and I have no idea where to start. Do I talk about all of the ups and downs that go along with being "the new guy"? Does it make sense to tell you a little bit more about me? Should I say thank you to everyone for being patient and not getting frustrated with all of my questions? Maybe I should just get to work.

Off Trail

One of my top priorities with the Trail Conference is to make sure that we fill all New Jersey volunteer vacancies. We've been working on this by attending as many tabling events as possible. You may have seen Trail Conference members tabling at REI, Whole Foods, Campmor, or Earth Day events. Thanks to the volunteer efforts of folks like Estelle Anderson, Bob Jonas, and Don Tripp, we have brought on a Supervisor in West Jersey (everyone welcome aboard Terry Fiedler) and numerous volunteer trail maintainers and crew participants. We're still looking for a Supervisor for the Lenape Trail as well as Trail Supervisors in Jenny Jump and High Point State Park. If you're interested in one of these positions please check the website (go to nynjtc.org/volunteer and click On-trail or Off-trail under "How to Get Started") or contact me directly for more information.



View from new AT route on Kittatinny Ridge.

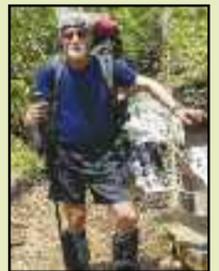
On Trail

On April 29 I received an email from David and Monica Day, West Jersey Trail Crew Chiefs, informing me that their Appalachian Trail relocation project on the Kittatinny Ridge was complete. Their crew spent two weekends out on the AT southwest of the Upper Yards Creek Reservoir. The reroute moved the trail off of the Yards Creek property and onto protected lands in Worthington State Forest. The end

result is a great new trail with views like the one you see here. See Trail News on page 9 for a map of the new route.

Welcome this Year's AT Ridge Runners

We welcome the 2012 Ridge Runners to New Jersey. The Ridge Runners spend their summer on the Appalachian Trail informing hikers about the trail and keeping the AT beautiful.



Ridge Runner Jerry Adams.

Two report directly to the Appalachian Trail Conservancy, and one to the Trail Conference. If you're out there this year be sure to say hi to Daniel Cramer, Hal Evans, and Jerry Adams.

East Hudson

Leigh Draper,
East Hudson Program Coordinator
draper@nynjtc.org



It has been a busy spring in the East Hudson region.

The newly formed Westchester Trail Tramps Crew has been hard at work every Wednesday morning maintaining trails. See their profile on page 5. Weekly and monthly crew opportunities are available around the region as part of Community Trails, a partnership between the Teatown Lake Reservation and the Trail Conference. Find schedules and information on our website



Jolly Rover volunteers install rock steps at Teatown Lake Reservation.

(nynjtc.org/view/trail-crew-outings).

Hundreds of people volunteered at state parks across New York on May 5 for the first ever I Love My Park Day. Govern-

ment Cuomo worked alongside members of the Friends of F.D. Roosevelt and Trump State Parks. See pictures and news about this and other projects on our East Hudson Facebook page: [Facebook.com/NYNJTC.EastHudson](https://www.facebook.com/NYNJTC.EastHudson). In conjunction with I Love My Park Day, Yorktown Community Trails dedicated and cut the ribbon on an important link in their developing local trail network: the Yorktown Trailway Taconic Parkway Overpass.

The Jolly Rovers Crew installed stone steps in the recently opened Wildflower Woods at Teatown Lake Reservation in Ossining. The enclosed area provides a 3-acre living classroom for habitat restoration and includes more than 2,500 native and endangered species of wildflowers.

The Men's Club of the Bayswater Jew-

ish Center in Far Rockaway, Queens, formally opened on June 1 the Bayswater Trail in Far Rockaway. Bob Ward, a member of both the club and the Trail Conference, has been an enthusiastic promoter of this walkway.

Approximately 15 staff from Paragon Sports in Manhattan (www.paragon-sports.com) provided a day of trail service in the East Hudson region. The store is a new retail partner to the Trail Conference, offering a 10% discount to active Trail Conference members (you must show your current card).

Check the website for new Trail U courses to be held in the East Hudson region this summer and fall. Find out more and register here: nynjtc.org/trailu

West Hudson

Larry Wheelock,
West Hudson Program Coordinator
wheelock@nynjtc.org



Harriman/Bear Mountain State Park

The Trail Conference is in discussion with the park management regarding the regulations restricting hikers to "established ways." Blazed hiking trails and woods roads are considered established ways, but unblazed trails and woods roads in the park are not. The Trail Conference is making the case that some of these roads would make acceptable trails (as connectors or simply on their own merits) and should be blazed, for both navigational and recreational reasons. We'll keep you posted as this develops.

As the Bear Mountain trails project continues, look for exciting new opportu-

nities to build trails skills through training. This past spring we successfully brought 38 new trainees into the project and into the Trail Conference roster of crew volunteers.

Appalachian National Scenic Trail

Kudos to AT volunteer Gene Giordano for his efforts in organizing and promoting an exciting schedule of hikes and community-wide events on June 30 to mark Warwick's designation as an Appalachian Trail Community. Gene lives and works in Warwick, is a very active AT volunteer in both Orange County and New Jersey (and on trails elsewhere), and made the successful application to the Appalachian Trail Conservancy for this designation. The AT Community program promotes mutual awareness between communities and Appalachian Trail users for the benefit of both.

The Long Path

Over the next few months, expect the Long Path to be a moving target. We reported in detail on planned changes in the previous issue (page 1). Here is a quick update and reminder on changes set for the LP in Orange and Ulster Counties:

- the grand opening of the new LP route from Sam's Point through Minnewaska State Park Preserve, connecting from just north of Verkeerderkill falls to Berne Road via the High Point, Berrypicker, and the new Mine Hole Trail, was on June 2 (see page 1);
- former LP trail routes in Minnewaska have new blaze colors. Jenny Lane is now blazed light purple; Old Minnewaska Trail is light blue; Rainbow Falls Trail is orange; the Shawangunk Ridge Trail is now co-aligned along these trails, but its blazes are placed only at intersections with trails and roads;

- on Schunemunk Mountain, the to-be abandoned LP route from the junction with the Jessup Trail north to Clove Road (Hil-Mar Lodge) will become the Western Ridge Trail and will be re-blazed with orange;
- the new LP route going south from Schunemunk Mountain, to join the Heritage Trail in Monroe and continuing across the county to Middletown and along country roads up to the Shawangunk Ridge, will be blazed (we hope) during the summer and fall.
- work at the Orange County Gonzaga Park on top of Schunemunk Mountain has been completed; the park is open to vehicles only during the day, but hiking is no longer restricted.



See complete and updated calendar at nynjtc.org/calendar



TRAIL UNIVERSITY

nynjtc.org/view/workshops
Register for Trail U workshops online or call 201-512-9348.



We thank REI for its support of Trail University!

INTRODUCTORY WORKSHOPS

Open to all; membership not required. No prerequisites. No fee.

Sunday, June 30

Intro to Invasive Strike Force Training: Workshop #569

Location: Teatown Lake Reservation, Ossining, NY
9am-4pm

Learn how to identify 14 common invasive plants, collect data for the ISF, and use a GPS unit.

Sunday, June 30

Intro to Shelter/Lean-to Maintenance Workshop #582

Location: Morgan Outdoors, Livingston Manor, NY
10am-3pm

Check our online calendar for additional courses to be added to the schedule. We expect to offer many new courses starting in September.

PHOTO AT TOP

Participants in the Trail Layout and Design course offered in the Catskills do field work on the Long Path relocation at Romer Mountain.



TRAIL CREW SERVICE PROJECTS

nynjtc.org/view/trail-crew-outings

Orange-Rockland Long Distance Trails Crew

Contact: creyling42@verizon.net or 914-428-9878

Summer trail rehabilitation projects.

Sunday, July 1

Long Path at Woodbury Creek/Route 32 crossing

Saturday, July 28

AT - Agony Grind, Harriman S.P.

Saturday, August 11

AT - Green Pond Mountain, Harriman S.P.

Saturday, September 8

AT - Green Pond Mountain, Harriman S.P.

Saturday, September 22

AT - Green Pond Mountain, Harriman S.P.

Sunday, October 7

Long Path at Woodbury Creek/Route 32 crossing

Invasives Strike Force

Contact: Linda Rohleder, lrohleder@nynjtc.org

Saturday, July 14

Bear Mountain SP, NY

Sunday, July 15

Norvin Green State Forest, Ringwood, NJ

Saturday, July 21

Worthington State Forest, western NJ

Saturday, July 28

Flat Rock Brook, Englewood, NJ

PHOTO AT TOP

Volunteer Fred Stern leads maintenance crews at Ward Pound Ridge and works with the Westchester Trail Tramps.

Westchester Trails Tramps Maintenance Crew

Contact: Mary Dodds at doddshelmer@gmail.com or 914-261-7082 for info and to get on email list. Meets most Wednesdays.

Ward Pound Ridge Trail Maintenance Crew

Also maintains trails at Mountain Lakes Park. Contact: Fred Stern: wprtrailmaintainer@gmail.com for info and to get on email list. Meets most Fridays

West Jersey Crew

Contact: westjerseycrew@trailstobuild.com or 732-937-9098

July & August

Gone hikin'

Saturday, September 8, TBD

Saturday, September 15, TBD

Saturday, September 29, TBD

Ralph's Peak Hikers Cabin Volunteers Club

Contact: Tim Messerich, RPHCVC President

845-297-9573 or bascomgrillmaster@yahoo.com

July 13, 14, 15

12th Annual RPH Cabin Campout / AT Trail Work / BBQ

Projects: paint and repair Seth Lyon Memorial Bridge; install nine check dams south of Shenandoah Mountain; replace stone steps moved by flood damage near I-84 overpass; rebuild wooden walkway near RPH cabin; clean up cabin grounds and replant Mom's flower garden; joint work trip off site with the Jolly Rovers Trail Crew at Fahnestock State Park to continue our high-line step restoration project started in May. Get updated info at <http://timtrek.mikentim.com>



TRAIL EVENTS

nynjtc.org/view/events

Saturday, June 30

AT Community Celebration

Warwick, NY
Join our AT volunteers as we mark Warwick's designation as an Appalachian Trail Community. Hikes and more. Find details at nynjtc.org/view/events

Sunday, July 1

AT Boardwalk & Bridge Opening

Swamp River, Pawling, NY
Details are posted at nynjtc.org/view/events

Saturday, October 20

Annual Meeting of Members & Delegates

Location: TBD

PHOTO AT TOP

June 1, 2012; Bayswater Trail Opens
The Men's Club of the Bayswater Jewish Center in Far Rockaway, Queens, formally opened the Bayswater Trail in Far Rockaway. Bob Ward, a member of both the club and the Trail Conference, has been an enthusiastic promoter of this walkway. Left to right in photo: Dorothy Lewandowski, City of New York Parks and Recreation Borough Commissioner Queens; Robert Ward, Far Rockaway Trail Supervisor; Michael Gliner, Men's Club of Bayswater Jewish Center Co-President; Mark Schwartz Men's Club of Bayswater Jewish Center Co-President; Jill Weber, City of New York Parks and Recreation Administrator Rockaways. Also present but not pictured: Stephan Zahn, NYS Dept. of Environmental Conservation, Office of Natural Resources Region 2, Natural Resources Supervisor.

Volunteer Profile Westchester Trail Tramps



From left to right: Mary Dodds, Dawn and Dave Montague, Marilyn Blaho, Stuart Faust and Steven Russ. Crew member Fred Stern, who also leads the weekly (Fridays) trail maintenance crew at Ward Pound Ridge Reservation, took the photo.

May 9, 2012, Teatown Lake Reservation: A still-new trail maintenance crew in Westchester gathers on a misty morning. The crew is led by new Trails Supervisor Mary Dodds.

Mary, of Mohegan Lake, retired four years ago from work with the Dept. of Labor. Her neighbor, long-time Trail Conference volunteer Jane Daniels, didn't let her linger long.

Mary was soon helping with the Yorktown Community Trails project, field checking data for *Walkable Westchester*, going out with the Ward Pound Ridge trail maintenance crew led by Fred Stern, and volunteering at Teatown Lake Reservation. Before she knew it, she had agreed to become a Trail Supervisor herself and lead a new trail crew out of Teatown.

"We call ourselves the Westchester Trail Tramps," Mary says. "Today (May 9) was our eighth crew date. So far we have worked on the Briarcliff-Peekskill Trail, at Teatown, Gateway Park, and Georges Island."

The regular crew includes:

- Fred Stern, who is crew supervisor at Ward Pound Ridge, a corridor monitor for the Appalachian Trail in Dutchess County, and Mary's mentor;
- Stuart Faust, who has been a trail maintainer (Lakeside Trail) at Teatown for years;
- Marilyn Blaho, also a member of Fred's crew at Ward Pound Ridge;
- Steven Russ, a regular on the new crew;
- Dave and Dawn Montague, also regulars on the crew. They have taken both the Trail Maintenance 101 at Gateway and the Trail Repair course. Dave is rabid about garbage left on trails and always comes prepared to pick it up, bag it, and pack it out.

Future crew plans include a return to Georges Island to do some trail building, a lot of blazing work at Bald Mountain/Hand Park and on the Briarcliff-Peekskill Trail, and trail building at Teatown Lake Reservation.

Map News

On these new editions, many trails and woods roads have been replotted using new GPS data and high-resolution aerial imagery. Trail relocations and newly marked trails are shown, parking locations are more accurately depicted, updated roads data are incorporated, and many minor corrections and changes have been made, resulting in more accurate maps. Update your trail maps now!

The maps include UTM gridlines, green overprint for public access lands, parking areas, viewpoints and other points of interest. As always, our printed maps are produced in vibrant color on waterproof, tear-resistant Tyvek. No batteries required.

New 10th Edition of East Hudson Trails Map Set

This three-map set covers trails and parklands throughout the New York Highlands east of the Hudson River. More than 150 miles of marked trails are shown, featuring more than 20 miles of the Appalachian Trail as it passes through Putnam County.

This map set was produced with support from Tent & Trails, an outdoor store and retail partner of the Trail Conference.

Price: \$10.95 for nonmembers; \$8.21 for Trail Conference members (when purchased from us).

New 4th Edition of Hudson Palisades Trails Map Set

This new five-map set significantly improves on previous editions of the Hudson Palisades area. The maps feature completely redrawn contour lines that more accurately portray the topography, especially along the Palisades cliffs. Nearly 100 miles of marked trails and bike paths are shown, from Fort Lee, NJ northward through Bergen and Rockland counties to Haverstraw, NY. This includes approximately 40 miles of the Long Path from its southern terminus at Fort Lee Historic Park to Mount Ivy, NY.

This map set was produced with support from Campmor, an outdoor store and retail partner of the Trail Conference.

Price: \$8.95 nonmembers; \$6.71 for Trail Conference members (when purchased from us).



BRAND NEW!

Now You Can Download Our Trail Maps to Your Mobile Apple Device

Trail Conference is working with Avenza Systems Inc., a leader in cartographic software, to make its popular trail maps available to outdoor trail users for use on iPhones, iPads and iPod Touches through Avenza's award-winning *PDF Maps* app. (An app for Android devices is expected from Avenza later this year, with other mobile platforms to follow. Stay tuned.)



The digital versions of the Trail Conference maps for sale are identical to the maps that are printed on waterproof, tear-resistant Tyvek, but include a number of interactive features that allow hikers to use the maps like never before. Each digital map contains geospatial information, such as real world location. This geospatial information makes it possible to locate your position on a map, view satellite imagery for your location, and even measure distances right on the map.

The Trail Conference launched its venture into digital mapping with 20 trail maps that cover nearly 1,000 miles of trails throughout the region. The available maps are a mix of trail maps available for purchase and those available for free. We plan to make all of our trail maps available in digital versions in the months ahead.

The *PDF Maps* app is available now on the iTunes App Store free of charge for personal use. Each map is priced separately, and free maps can be downloaded at no cost through the *PDF Maps* in-app map store.

Learn more about Trail Conference PDF maps at nynjtc.org/pdfmaps.

The purchase of our map sets supports trail maintenance in the region!

NEW TRAIL OPPORTUNITIES

continued from page 1

miles from Russell Brook Road along the outlet of Mud Pond to the northern shore of Mud Pond. This trail features relatively gentle grades and views of Mud Pond.

Willowemoc Wild Forest Trails

The Trail Conference will be adopting most of the foot trails located within the Willowemoc Wild Forest in the western Catskills. This area is just to the west of the Mongaup Pond State Campground and includes a series of connected trails surrounding Frick Pond, Hodge Pond, and Quick Lake. The trails that we are adopting include the Flynn (3.3 miles), Quick Lake (3.2 miles), Loggers Loop



The trail to Frick Pond needs a maintainer.

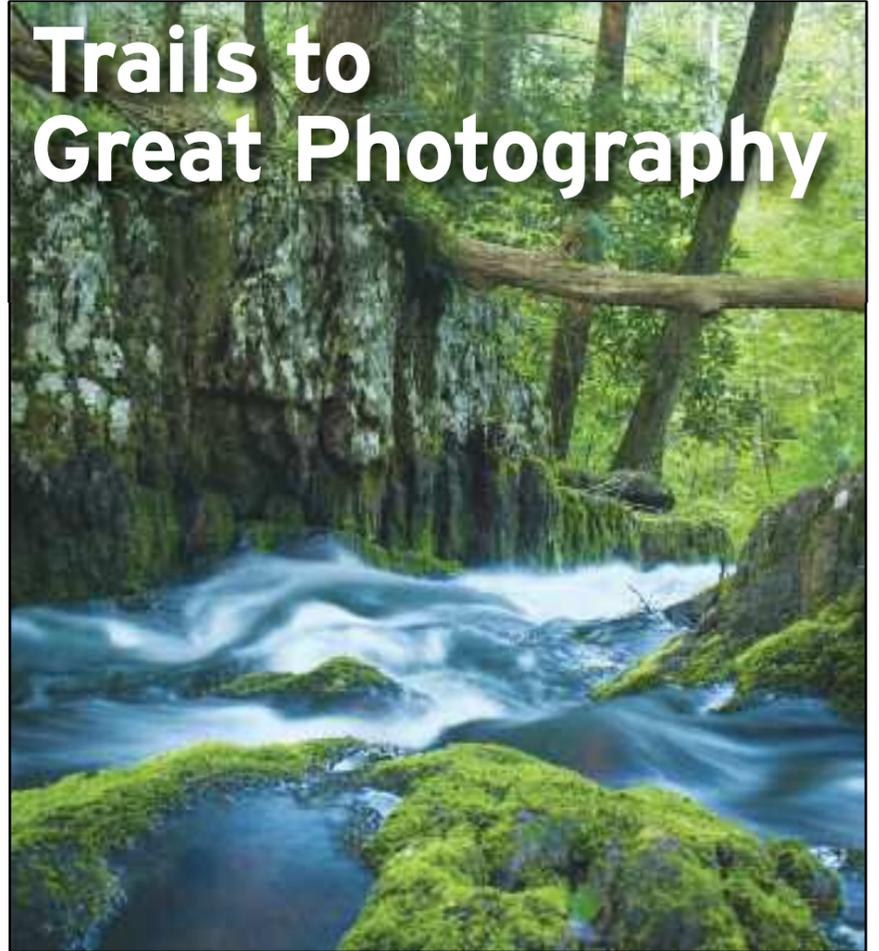
(0.55 mile), Big Rock (0.50 mile), and Quick Lake (4 miles) Trails.

In addition, we are adopting the Quick Lake Lean-to on the shores of Quick Lake. The Quick Lake Lean-to requires the longest trail walk of any Catskill lean-to—approximately 7 miles from the Beech Mountain Road Trailhead. The trails in this area are mostly old woods roads that have been converted into hiking trails. The climbs and descents are generally moderate, and the views of the mountain ponds and the surrounding mountains are very nice. We hope to work with Morgan Outdoors of Livingston Manor (a retail partner) to develop a local trail crew that will help maintainers keep trails in this area clear and well maintained.

Getting Involved

If you would like to be a maintainer for one of these trails or any other trail in the Catskill region, please complete the interest form at nynjtc.org/vop/trail-maintainer-catskills-south or contact Jeff Senterman, the Trail Conference's Catskill Region Program Coordinator by phone at 518-628-4243 or by email at jsenterman@nynjtc.org.

Trails to Great Photography



A Photo Workshop at Tillman's Ravine, Stokes State Forest

By Larry Zink

On May 12, I conducted a photo workshop with the Trail Conference at Tillman's Ravine in Stokes State Forest in northwest New Jersey. Six photographers ventured with me into the ravine to shoot the cascades and waterfalls of Tillman's Brook.



Dan Avallone

This location is one of my favorite places to shoot in the state. The spring-fed stream has spent centuries carving its way down the mountain and through rock walls. The clear mountain water, tall hemlock trees, and beautiful rocks offer boundless opportunities to create exciting images.

Despite a chilly 6:30am start, everyone enthusiastically embraced the challenge. A short hike down the path brought us to our destination. The brook was running high



Joshua Howard

and fast due to recent rain. The forecast was for sunny skies, usually not the best for shooting water. Cloudy skies or open shade are optimal conditions to shoot water because of the inherent low contrast. But this deep ravine provided open shade for everyone. We would deal with the sun at a later point in the morning.



Jeremy Appgar

Joshua Howard

It was interesting to see other people's creative vision of an area that I've photographed for years. Shooting with other people around is inspirational and educational; there is a different energy compared to solitary shoots. Throughout the morning we talked about ways of enhancing a composition using foreground elements, light, live view shooting, and neutral density filters, to name just a few techniques.

After a couple of hours, the day warmed up and sunlight began to shine through the trees. Knowing where the sun is and how it interacts with a composition provides yet another variable for landscape photographers. Shots taken from a spot in the morning were completely different when taken from the same spot later in the day. Filtered sunlight adds a different aesthetic to the images, adding depth, mood and, often, a visual anchor to an image.



Bill Males

By the end of the workshop everyone had explored many sections of the stream, created their personal visions, tried new techniques, and had a good time. Landscape photography is about creating an image that tells a story on some level. Everyone worked hard to make that a reality and at the same time spent a beautiful day outside in one of the prettiest places in the state. It doesn't get better than that.

Larry Zink is a professional photographer and vice president of creative services for Macy's. He is planning to offer an autumn photo workshop for Trail Conference members, location to be determined. Watch your email or our website for an announcement. His book of landscape photography, Naturally New Jersey, is newly published.

Trailside Nature Daddy Longlegs

By Edna Greig

Daddy longlegs, also called harvestmen, are common creatures of woods, fields, and structures. Active from summer to fall, these members of the order Opiliones, in the class Arachnida, are related to spiders (order Araneae), mites, and ticks. Arachnids have 8 legs and a 2-part body consisting of a cephalothorax and abdomen. In daddy longlegs, the 2 body parts are closely joined and appear as 1 oval-shaped structure suspended from the 8 long, jointed legs. Unlike spiders, daddy longlegs aren't venomous and don't bite. There are approximately 160 species of daddy longlegs in North America.

Those long legs serve several purposes. First, they enable the daddy longlegs to sense its surroundings. The second pair of legs, longer than the others, contains sense organs that can detect food, a mate, or danger. While at rest or eating, the daddy longlegs often extends these legs outward, sometimes tracing an arc slowly back and forth, ever vigilant.

Second, the daddy longlegs can sacrifice a leg to escape the grasp of a predator. The detached leg twitches for several seconds, preoccupying the predator while the daddy longlegs moves to safety. Spider webs often contain the shed legs from daddy longlegs that succeeded in freeing themselves from the silky entanglement.

Third, males mount fierce leg-pulling battles when competing for females. One male will use his mouth parts to grab the leg of another male and will jerk or rotate the leg until it breaks off or until the tormented male can pull free. The male with the most legs intact often is most successful in accessing a female.

Finally, the long legs deliver remarkable speed and agility for traveling through tangled vegetation.

Daddy longlegs take good care of those legs. They clean them regularly and thoroughly in a process called leg threading. One by one, they thread each leg through their mouth parts, starting closest to the body and slowly pulling the leg through until they reach the tip. They are especially fastidious in cleaning the important second

pair of legs. They may spend several minutes cleaning each leg.

Besides shedding a leg, daddy longlegs have another defense to thwart predators. When startled, they can release a foul-smelling liquid from glands near the bases of their second legs. The liquid is repulsive to many predators and close-approaching humans.

Sometimes, when it senses danger, a daddy longlegs will bob its body up and down with increasing speed. The bobbing activity may warm the muscles and allow a more speedy retreat from the perceived danger. Bobbing also may be a part of mating activity.

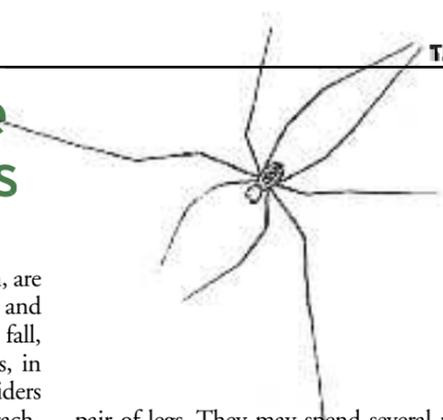
Daddy longlegs generally require a moist habitat and usually are found in shady areas. They eat a variety of live and dead animal and plant matter but prefer soft-bodied prey such as flies and aphids. They're more active and feed mostly at night, when the air is cooler and moister.

The life cycles of daddy longlegs vary by species, but all hatch from eggs and go through a series of molts before reaching maturity. Molts can be challenging—the body usually sheds its old skin easily, but extrication of the legs can take considerable effort.

Mating occurs shortly after daddy longlegs reach maturity. Small groups of males and females congregate in moist, shady areas. A male who has successfully fended off rivals will mate with a female and then hover over her until she deposits their eggs.

To learn more about daddy longlegs, follow the Opiliones Project by Chris Buddle of McGill University at arthropodecology.com or on Twitter at [#OpilionesProject](https://twitter.com/OpilionesProject).

Edna Greig is a Trail Conference member and regular contributor to Trail Walker. She writes the blog Eye on Nature: eyeonnature.wordpress.com.



PEARSON SCOTT FORESMAN

Science & Ecology

Coyote Walks: Tracking the call of the wild from the heart of Manhattan

By Dillon de Give

In early spring I go to New York City's Central Park and set out for the wild, tracing the path of a coyote for 3 days on foot. Did you know a coyote once turned up in Manhattan? In fact, a few of them have. Their precise route into the city is not yet known. My walk is not animal tracking; it's a hike that articulates a hypothesis about how the city is connected to nature.

My walk is not animal tracking; it's a hike that articulates a hypothesis about how the city is connected to nature.

Walking alone or in a small group, my goal is to stay out of the hustle and bustle of the surrounding city by traveling the entire time in channels that could be suitable for animal commuters. This means hopping from park areas to cemeteries to

might be surprised by how these islands of green can be connected.

A logistical concern is how to make these connections. Treating this concern as a creative activity has led me into some challenging situations. Once I had to pass through a culvert under a highway, with frigid water running at my feet. Another time, I decided to turn around and walk several miles out of my way because a single private yard separated me from the next segment of my path. A real coyote would have walked right through the yard.

Because their behavior is so adaptable, coyotes have done very well in areas that are neither completely urban, nor completely natural, such as suburbs. Historically speaking, coyotes are new to the East Coast. They arrived here by filling niches left as human settlement destabilized the more ecologically fragile wolf populations.

Coyotes may be reviled and feared by some people, but a community of urban coyote enthusiasts also exists. Regardless of public sentiment, coyote behavior is closely related to human behavior, both in how we establish private borders of home and individual and in how we parcel and divide natural space.

A well-maintained trail is one of my favorite things. To move through a forest at a free and easy pace in early morning sunlight is a great joy. I am equally fascinated, however, when I see impromptu alterations



Original photo by Justin Edge, collage by Dillon de Give

INVASIVES STRIKE FORCE

continued from page 1

and uses the data collected to identify the areas that have remained relatively intact and un-invaded. It is in these areas that the ISF trail crews will work. By removing small or moderate pockets of invasion near uninvaded areas, we can help protect the diverse native communities that still exist in our forests. We can help preserve the variety of wildflowers and other flora and the wildlife that depend on them.

After lunch at a spectacular vista and with our motivations high, we plunged in and started pulling the invaders. As we worked, we uncovered pink corydalis in bloom, some native heuchera plants, and a few hepatica—all wildflowers that are somewhat uncommon in this area—as well as little tree seedlings. We felt like liberators!

At the end of the day, we could look back along our trail and see that we had made a difference. This won't be the last visit to this spot; ISF volunteers will return next year to catch any garlic mustard plants that escaped our efforts this year. But for now,



RICHARD PILLAR

Front row: Miriam Osterfield, Susan Jenner, Ted Jenner, Chris Davis, Ursula Davis. Back row: Aleksy Zinger, Dennis Hickey, Linda Rohleder. Not pictured: Richard Pillar

we have prevented the next generation of garlic mustard seeds from developing and spreading.

If you'd like to volunteer for the Invasives Strike Force as a trail surveyor or ISF trail crew member, go to our web page at nynjtc.org/invasives to find out how.



RICHARD PILLAR

Before: White-flowering invasive garlic mustard lined the trail.



RICHARD PILLAR

After: The crew could see the difference they had made in the trail experience.

spaces where public use is less defined. It is a bit like the child's game "hot lava" in which one attempts to traverse a room without touching the floor.

Planning a different walk each year for the past 4 years has meant spending a lot of time with maps and satellite images, as well as speaking with people who understand the land and animals better than I do. No matter what route I've chosen out of Manhattan, the character of the landscape changes after the first day. Golf courses, larger parks, and longer trails become available options. By the third day, I can reach areas that feel relatively wild, such as Harriman State Park on the west side of the Hudson River or the Blue Mountain Reservation in Westchester County near Peekskill. Staying in purely green space for a continuous 50- to 60-mile route out of the city is impossible; a bit of road walking is inevitable. But you

in boundaries to shared spaces; holes that appear in fences at just the right place to provide access to coinciding roads, or "desire lines" worn in the ground over time by people who seem to have mutually decided on more efficient crossings of a park. Actions such as these attest to the need we humans share with coyotes and other animals to move about unencumbered, to be free.

Dillon de Give will soon hold an MFA in Art and Social Practice from Portland State University. You can see more of his work at www.implausibot.com.

Related stories on our website

Can they get here from there? Ecological corridors and connectivity (from Spring 2012 *Trail Walker*): nynjtc.org/news/eco-corridors.



BRANSEY DE GIVE

The author follows one possible coyote connection to Manhattan.



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

July

Sunday, July 1

WEC. Gunks-High Point Hike & Swim, NJ/NY. Leader: Don Weise, donweise@hotmail.com. Meet: 8:30am; contact leader for meeting place. Strenuous, fast-paced 8-10 miles. Hike high on the Kittatinny/Shawangunk Ridge, where the breezes are cool, views are expansive, and the water is inviting.

AFW. Schunemunk Mountain State Park, NY. Leader: For info and to register, contact www.adventuresforwomen.org or 973-644-3592. Meet: 8am. Strenuous hike at a moderate pace; out by 3pm.

IHC. Sterling Forest State Park, NY. Leader: Guy Percival, 973-590-7437, jenguy@optonline.net. Meet: 9am at Sterling Forest Visitor Center. Moderately strenuous 8 miles. Come see the fire tower, on the Bare Rock and other trails.

UHC. South Mountain Reservation, NJ. Leader: Marianne Stock, 908-334-4227. Meet: 10am at Locust Grove parking, Glen Ave., across from Millburn RR station. Moderate 2-hour hike with one steep uphill. Visit Hemlock Falls. Steady rain cancels.

Saturday, July 7

AMC. Arden, Harriman State Park, NY. Leader: Nancy Tollefson, 212-727-8961 (call before 9:30pm), tolleffson@verizon.net. Meet: contact leader for details. 9 miles at moderate pace, with hills. We'll go in search of hills, pace faster end of moderate. Forecast of heavy rain cancels, call eve before if in doubt. Bus available from Port Authority; leader takes bus.

UOC. Delaware & Raritan Canal Walk, NJ. Leaders: Howard Wright and John Clyde, jimbclyde@aol.com, 732-846-9013. Meet: contact leader for details. Flat and easy 5-mile walk from Griggstown Causeway to Kingston.

AFW. Appalachian Trail in NJ. Leader: For info and to register, contact us at www.adventuresforwomen.org or 973-644-3592. Meet: 9am. Strenuous hike at a moderate pace; out by 5pm.

GAHC. Bayard Arboretum, NY. Leader: Larry Forni, 516-791-7169. Meet: 10am at parking lot; 440 Montauk Highway. Easy to moderate hike.

PM. Family Walk at Pyramid Mountain, NJ. Leader: call Pyramid Mtn. Natural Historic Area at 973-334-3130 for details and to register. Meet: 10am. Easy 1.5-hour guided walk designed for families with children of various ages. Fee \$2 per person.

Sunday, July 8

NYHC. Governor's Island Walk, NY. Leader: Bob Ward, 718-471-7036, call after 8pm. Meet: 10:30am at Governor's Island ferry terminal (just east of South Ferry terminal). Easy 3 miles. Tour historic areas with park ranger, then walk the promenade.

UHC. Watchung Reservation, NJ. Leader: Pat Horsch, 908-693-8331. Meet: 10am at Trailside Nature Center, Coles Ave. 6 miles on easy to moderate terrain. Roughly 3-hour hike on the History Trail. Steady rain cancels.

Saturday, July 14

AMC. Mt. Taurus, Hudson Highlands State Park, NY. Leader: Steve Galla, 914-953-2222, steve@stevegalla.com. Meet: contact leader for details. 5-7 miles at moderate pace, with hills. We'll go up Taurus an easier way. Still plenty of elevation, great views of Hudson River, and ruins. Rain may cancel.

UHC. South Mountain Reservation, NJ. Leader: Ted Sendler, 862-219-3011. Meet: 10am at Locust Grove parking, across from Millburn RR station. 4-5 miles at brisk pace. Hill at start, then mostly flat terrain, to Hemlock Falls and back.

Sunday, July 15

AFW. Pine Swamp to Fingerboard Mountain, Harriman State Park, NY. Leader: For info and to register, contact us at www.adventuresforwomen.org or 973-644-3592. Meet: 9:30am. Strenuous hike at a moderate pace; out by 2:30pm.

PM. Tripod Rock, Pyramid Mountain, NJ. Leader: call Pyramid Mtn. Natural Historic Area at 973-334-3130 for details and to register. Meet: 10am. Moderate 2-hour guided hike to our famous "rock star," a glacial erratic. For ages 7+. No fee.

Friday, July 20

AMC. Lemon Squeezer, Harriman State Park, NY. Leader: Nathan Baker, 862-591-6844, nbbalance@verizon.net. Meet: contact leader for details. 8 miles at moderate pace, with hills. Long Path to the Lemon Squeezer, where we'll play on the rocks and have lunch; pleasant meander back to the cars. Steady pace, but breathers to enjoy the views.

Saturday, July 21

AFW. Ringing Rocks Park, PA. Leader: For info and to register, contact us at www.adventuresforwomen.org or 973-644-3592. Meet: 10am. Easy hike at a moderate pace; out by 2pm.

NYHC. Tallman Mountain State Park to Nyack, NY. Leader: Lynn Albin, 718-743-0920, nyhiker50@verizon.net. Meet: contact leader for details; bus available from Port Authority. Moderate 8 miles. Delightful day on the Long Path, with spectacular views of Hudson River and Tappan Zee Bridge. Return from Nyack, after optional meal at Mexican restaurant. Will also visit the pier in Piermont.

UHC. Flat Rock Brook Nature Center, NJ. Leader: Lynn Gale, 862-368-5379; call day of hike only. Meet: 10am at visitor center parking, end of Van Nostrand Ave., Englewood. Moderate 4 miles. Through woods and along pretty brooks; expect deer and wild turkeys. Steady rain cancels.

Sunday, July 22

NYR. Four Lakes in Harriman State Park, NY. Leader: Lee Ruelle, 212-388-0354, leeruelle@gmail.com. Meet: 8:15am at Port Authority Bus Terminal for 8:30 Short Line bus to Tuxedo (one-way). Drivers meet at 9:20am at commuter lot on E. Village Rd. in Tuxedo. Lakes Skenonto, Sebago, Wanoksink, and Pine Meadow on various trails. Early outs possible.

GAHC. Sunken Meadow State Park, Long Island, NY. Leader: Doris Metzner, 718-779-6881. Meet: 10am at bath house on parking lot east. Easy hike and swim options.



In Tillman's Ravine, Stokes State Forest. Photo taken at Trail U Photography Workshop (see page 6).

Saturday, July 28

UHC. Garret Mountain, NJ. Leader: Angela Coble, 908-420-7915; call morning of hike after 8am. Meet: 10am at second lot in park from Weasel Drift Rd. entrance (also called Mountain Ave.) 2 hours at moderate to brisk pace; terrain is moderate. Rain cancels.

Sunday, July 29

AFW. Blue Mountain Lakes, NJ. Leader: For info and to register, contact us at www.adventuresforwomen.org or 973-644-3592. Meet: 10am. Moderate hike at a moderate pace; out by 3pm.

UHC. South Mountain Reservation, NJ. Leader: Naomi Shapiro, 973-564-8780. Meet: 10am at Locust Grove parking, across from Millburn RR station. 4 miles in 2+ hours. Rain cancels.

August

Saturday, August 4

UHC. Paulskill Valley Trail, Blairstown, NJ. Leader: Gregg Hudis, grhudis@verizon.net, 973-584-0135. Meet: 9:30am at Foot Bridge Park, north Blairstown. Moderate 6.5 miles on flat terrain. We'll hike to Marksboro and back; wear a hat and bring plenty of water. Possible lunch afterwards.

Sunday, August 5

IHC. Patriots' Path, Long Valley, NJ. Leaders: Guy and Jennifer Percival, 973-590-7437, jenguy@optonline.net. Meet: 9am at Long Valley Brew Pub, 1 Fairmount Rd. (Rt. 517), Long Valley, NJ. Moderately strenuous. Come hike a brand new section of the Patriots' Path. Starts out hilly, ends up hilly, with breathtaking view of Long Valley. Shuttle required.

AFW. Millstone Hill, NJ. Leader: For info and to register, contact us at www.adventuresforwomen.org or 973-644-3592. Meet: 9:30am. Moderate hike at a moderate pace; out by 2pm.

GAHC. Fire Island National Seashore/Sunken Forest State Park, NY. Leader: Gunter Georgi, 516-883-2336. Meet: 10am at ferry terminal, Sayville, Long Island, NY. No public transportation. Easy hike and swim options.

Saturday, August 11

AMC. Lake Skannatati, Harriman State Park, NY. Leader: Bill Lee, 917-716-7984, billleeync@gmail.com. Meet: contact leader for details. 9 miles at moderate pace; young adults especially welcome. Multiple vistas in central Harriman: Pine Swamp Mtn., Lichen Trail, Bowling Rocks. Visit to lodge on Lake Tiorati. Rain cancels; call morning of hike by 7am if in doubt.

UHC. Watchung Reservation, NJ. Leader: Arlene Fineman, 908-403-6554. Meet: 10am at Trailside Nature Center parking on Coles Ave. 4 miles at a brisk pace. Rain cancels.

Sunday, August 12

IHC. Hubbard-Perkins/Round Hill, Fahnestock State Park, NY. Leader: Jane Egan, 973-636-0809, call before 9pm. Meet: 9am at Fort Montgomery (Trading Post) parking on Rt. 9W north, Fort Montgomery, NY. Moderately strenuous 7.5 miles. Hike little-used trails in Hubbard-Perkins Conservation Area of Fahnestock. A few moderate climbs.



In Tillman's Ravine, Stokes State Forest. Photo taken at Trail U Photography Workshop (see page 6).

PM. Valhalla Overlook, Pyramid Mountain Historic Area, NJ. Leader: call Pyramid Mtn. Natural Historic Area at 973-334-3130 for details and to register. Meet: 10am. Moderate 2-hour guided hike up Turkey Mtn. For ages 7+. No fee.

Thursday, August 16

UHC. Appalachian Trail, Blairstown, NJ. Leader: Anne Mattei, 610-837-7066, abmattei@aol.com. Meet: 10am; register day before the hike for location. 6 miles at moderate pace, on uneven terrain with hills. Hike the AT along the ridge, past the fire tower, to Camp Mohican, where we'll have our lunch. Return on Orange Trail.

Sunday, August 19

GAHC. Great Kills National Park, NY. Leader: Fred Volk, 718-987-3094, and Walter Loeffler, 718-979-5501. Meet: 10am at Staten Island Expressway exit 14, Hylan Blvd./Steuben St. and Buffalo St. parking lot. Easy hike.

NYR. Lake-to-Lake Trail, Sterling Forest State Park, NY. Leader: Michael Chenkin, 718-884-5120. Meet: call leader for details; do not call between sundown Friday and sundown Saturday. Public transit accessible. From East Shore Rd. we'll connect to Lake-to-Lake Trail, continuing east to its end, then out to Sloatsburg.

Saturday, August 25

UHC. Mt. Minsi, Delaware Water Gap, PA. Leader: Pat Horsch, 908-693-8331. Meet: 10am at Resort Pt. Overlook on Rt. 611 (on left one-half mile after town of Delaware Water Gap). 2.5 hours with a few steep and rocky sections. Ascend along a small waterfall to the Appalachian Trail, then south, enjoy fine views of the Delaware River. Return on fire road. Steady rain cancels. Optional stop afterwards for the most incredible pie in the area.

WEC. Catskills North Peaks Weekend (Aug. 25-26), NY. Leader: Don Weise, donweise@hotmail.com. Meet: contact leader for details and to register. Two strenuous, fast-paced hiking days on some of the Catskill's best peaks.

AFW. Ramapo Mountain State Forest, NJ. Leader: For info and to register, contact us at www.adventuresforwomen.org or 973-644-3592. Meet: 8am. Moderate hike at a moderate pace; out by 2pm.

NYHC. Central Park Walk, NY. Leader: Halina Jensen, 212-568-6323, call before 10pm. Meet: 10:30am at SW corner of Fifth Ave. and 109th St. 4 miles. We'll see monuments, sculptures, and the Conservatory Garden; bring lunch and beverage.

Sunday, August 26

AMC. Bear Mountain, Bear Mountain State Park, NY. Leader: Ellen Blumenkrantz, eblumenkrantz@hotmail.com. Meet: contact leader for details. Hike limited to 12; must register. 10 miles at moderate pace with steep climbs. Up Major Welch Trail to great views at top of Bear Mtn., then down new section of Appalachian Trail followed by a loop through Doodletown. Hot weather may alter hike length; rain cancels.

IHC. Schunemunk Mountain State Park, NY. Leader: Roy Williams, royhiker1@aol.com. Meet: 9am at Taylor Rd. parking, Mountainville, NY. Strenuous; for experienced hikers only. See the glories of nature on this mountain. Western Ridge, Jessup Trail and the Megaliths. Bring plenty of water. Rain cancels.

September

Saturday, September 1

UHC. South Mountain Reservation, NJ. Leader: Gail Waimon, 973-467-4761. Meet: 10am at Locust Grove parking across from Millburn RR station. Moderate 2-hour hike. Rain cancels.

Sunday, September 2

IHC. Pine Meadow Lake, Harriman State Park, NY. Leader: Chris Davis, 973-590-7437, chrisdavis08558@yahoo.com. Meet: 9am at Kakiat parking, Kakiat County Park, Rt. 202, Montebello, NY. Strenuous 8-10 miles. Hike up to and around Pine Meadow, return on SBM trail.

PM. Family Walk, Pyramid Mountain Natural Historic Area, NJ. Leader: call Pyramid Mtn. Natural Historic Area at 973-334-3130 for details and to register. Meet: 10am. Easy guided walk designed for families with children of various ages. Fee \$2 per person.

Saturday, September 8

AFW. Mount Taurus, Hudson Highlands State Park, NY. Leader: For info and to register, contact us at www.adventuresforwomen.org or 973-644-3592. Meet: 8:30am. Strenuous hike at a moderate pace; out by 2:30pm.

UHC. Frelinghuysen Arboretum Morristown, NJ. Leader: John Gilris, 973-386-1168. Meet: 10am at arboretum parking lot. Walk 3 miles around the arboretum to Acorn Hall and back along the Whippany River, then cross the street for 2-4 miles on the Patriots' Path.

Sunday, September 9

GAHC. Sands Point Preserve, NY. Leader: Joyce Mollenhauer, 516-883-8595. Meet: 10:10am at northwest parking lot of LIRR station in Port Washington.

NYR. Morristown to Livingston, NJ. Leader: Clive Morrck, 212-242-0931, cimorrck@aol.com. Meet: 7:55am at Penn Station NJ Transit ticket windows for 8:11 Midtown Direct train to Morristown (one-way). 19 flat miles. Morris Ave. and Patriots' Path through Frelinghuysen Arboretum; at end of Patriots' Path take Lenape Trail out to Livingston, where we'll take the bus to Newark Penn Station.

Saturday, September 15

PM. Singles Hike, Pyramid Mountain Natural Historic Area, NJ. Leader: call Pyramid Mtn. Natural Historic Area at 973-334-3130 for details and to register. Meet: 10am. Moderate 2-hour guided hike. For ages 18+; no fee.

UHC. Tatum Park, NJ. Leader: Mae Deas, 732-922-4251. Meet: 10am at Red Hill Rd. entrance to the park, in Middletown, Monmouth Co. Morning hike through rolling hills, open fields, and woods. Optional afternoon walk across the street at Deep Cut Gardens, with its Japanese garden, roses, and lily pond. Steady rain cancels.

Sunday, September 16

AFW. Sam's Point Preserve, NY. Leader: For info and to register, contact us at www.adventuresforwomen.org or 973-644-3592. Meet: 9am. Moderate hike at a moderate pace; out by 4pm.

WEC. Breakneck Ridge, Hudson Highlands State Park, NY. Leader: Don Weise, donweise@hotmail.com. Meet: 9am; contact leader for details and to register. Strenuous, fast-paced 12 miles. Climb the steep route up Breakneck Ridge to the fire tower. Also Beacon Reservoir and the scenic Overlook Trail.

UHC. Lewis Morris Park, NJ. Leader: Louise White, 973-746-4319. Meet: 10am at lowest parking lot at Sunrise Lake. Moderate 4+ miles, with some rough trail and hills. Steady rain cancels.

Saturday, September 22

GS. Plant Identification Walk, Great Swamp Outdoor Education Center, NJ. Leader: call Great Swamp Outdoor Education Center, 973-635-6629 for details and to register. Meet: 9am. Guided easy nature hike. On this 1.5-hour walk we'll focus on identification and learn about the legends surrounding this magical time. For ages 16+. Fee \$3.

UHC. Watchung Reservation, NJ. Leader: Richard Perlmutter, 908-289-8853. Meet: 10am at Trailside Nature Center parking. Walk on pretty, seldom-used trails. Out by noon.

Sunday, September 23

PM. Autumn Equinox Afternoon Hike, Pyramid Mountain Natural Historic Area, NJ. Leader: call Pyramid Mtn. Natural Historic Area at 973-334-3130 for details and to register. Meet: 3pm. Moderate 2.5-hour guided hike. Celebrate the start of autumn and learn about the legends surrounding this magical time. For ages 7+; fee \$5.

UHC. Weis Ecology Center, NJ. Leader: Jay Dibble, 908-289-8813. Meet: 10am at Weis. 6.5 moderate miles in Norvin Green State Forest with beautiful views. Out by 2pm.

Saturday, September 29

UHC. Central Park Walk, NY. Leader: Wayne Frey, 732-537-9190. Meet: 10am at 97th St. and Central Park West. 5 miles through the more rustic northern half of this splendid urban park with many interesting stops: The Loch, Great Hill, Blockhouse, Harlem Meer, Conservatory Garden. Bring lunch.

Sunday, September 30

IHC. Black Rock Forest, NY. Leader: Chris Davis, 973-590-7437, chrisdavis08558@yahoo.com. Meet: 9am at Black Rock public parking, 86 Reservoir Rd., Cornwall, NY. Moderately strenuous 8-10 miles. Highlands Trail (Stillman) over Whitehorse Mtn. and Mount Misery, passing the reservoir. Return through Black Hollow and out on Duggan Trail.

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

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

Club Codes

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

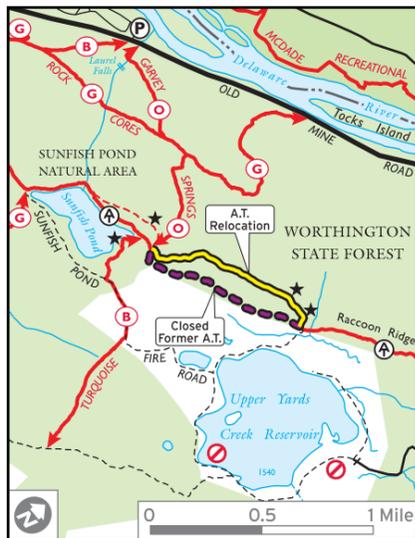
AFW	Adventures for Women	NYR	New York Ramblers
AMC	Appalachian Mt. Club, NY-NoJ Chapter	PM	Pyramid Mountain Natural Historic Area
GAHC	German American Hiking Club	UHC	Union County Hiking Club
GS	Great Swamp Outdoor Education Center	UOC	University Outing Club
IHC	Interstate Hiking Club	WEC	Weis Ecology Center
NYHC	New York Hiking Club		

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to tw@nynjtc.org or to the Trail Conference Office. The deadline for the Fall issue is August 15.



AT Section Moved at Worthington State Forest

In April, the West Jersey Trail Crew completed a 0.9-mile relocation of the Appalachian Trail in Worthington State Forest on the Kittatinny Ridge. The change moves the trail from a route that occasionally strayed onto private property to a parallel route that offers new scenic viewpoints. See map detail at right.



Shore Trail at Giant Stairs

The Shore Trail is CLOSED across the Giant Stairs (boulder field between Forest View Trail and Peanut Leap Cascade) due to a major rockslide that occurred on Saturday, May 12. The trail is currently unsafe and will remain closed until it is stabilized. The slide occurred at about 7:30pm. Amazingly, no one was hurt.

Harriman & Sterling Forest Updates

The new **Warbler Trail in Sterling Forest** has been cleared and blazed with yellow-bird-on-green backing tags provided by the park. The trail, about a half mile in length, provides a short-cut across the Indian Hill Trail and connects with the Furnace Loop Trail. The trail is largely a woods road, deviating near its south end to pass along the shore of a pond. The path of the trail is shown on the 2011 Sterling Forest Trails Map as an unnamed black dotted line.

In Harriman, because the old bridge on Arden Road was washed out, the **Stahahe Brook Trail has been rerouted to the west side of the brook**, turning sharply from Arden Road just prior to the now unbridged brook as approached from the Elk Pen. The relocation is an all new, easy/moderate path through woods above the eastern side of the brook. Keeping the

brook in sight for most of the way, it terminates in a half mile at the Nurian Trail at the eastern side of the brook, providing for continuation to the Valley of the Boulders. The Stahahe Brook Trail and hence the Nurian Trail are accessible from the Elk Pen. The Nurian Trail cannot be reached from Southfields because the bridge across the Ramapo River is not yet repaired.

Popolopen Gorge Trail Reopens Park work on repairing and replacing water pipes in the Popolopen Gorge of Harriman-Bear Mountain State Park was completed in April and the trails there reopened. The Popolopen Gorge Bridge, however, is still out, but funds have been secured to replace it.

Gonzaga Park on Schunemunk Opens; Trail Access Restored

Access to the Highlands and Jessup Trails at the southern end of Schunemunk Mountain is now restored, thanks to the completion of construction by Orange County at Gonzaga Park. The park offers a nice parking area for hikers during day hours, but a gate across Mountain Road at Seven Springs Road blocks vehicular traffic at night. Foot traffic around the gate is not restricted.

VOLUNTEERS AT WORK

Clearing Benedict Arnold's Escape Route

One more tree you don't have to climb over, thanks to trail volunteers Geof Connor (sawyer), Walt Daniels (sawyer), and Hal Kaplan (maintainer of trail, pictured). This blowdown was on Beverly Dock Road, part of the trail network at Glencllyffe in Garrison, NY. This historic route was Benedict Arnold's escape route when his 1780 treason was discovered. A hike in this area is described on our website: nynjtc.org/hike/arden-point-and-glencllyffe-garrison-ny



One more obstacle to a great trail experience gone!

Eagle Scout Reroute of Hewitt-Butler Trail Is Gorgeous

The Hewitt-Butler Trail (HB) that climbs the north side of Wyanokie High Point in Norvin Green State Forest was in bad need of a reroute. This trail section, which went directly up the fall line, had become an eroded and difficult section to hike, in spite of attempts over years to correct the problems with waterbars and check dams.

Erik Synol, a Life Scout from Troop 86 of Bloomingdale, NJ, took on the marathon project of building a 1,700-foot reroute around this problem trail section for his Eagle Scout project. His completed trail section is gorgeous, offering outstanding views of the surrounding mountains and leading hikers around rock outcrops and through mountain laurel as the trail curls its way up to a shoulder of the mountain.

Erik was assisted by fellow scouts from his troop as well as scouts from other areas. He was joined by members of his family and guided by the Wyanokie South's Trail Supervisor Paul Makus and Co-Chairs of the Central North Jersey Trails Committee Estelle Anderson and Bob Jonas.



Erik Synol, at the top of the photo in the red shirt, led fellow scouts, family and friends on a big trail relocation project at Wyanokie High Point.

Leave No Trace: Ethics & Trail Tips

By Bob Russo

Dispose of waste properly

"Carry in, carry out," "pack it in, pack it out." These phrases are familiar to seasoned hikers. All users of our open spaces have a responsibility to inspect areas for trash or spilled food.

Focus on these 4 objectives:

1. Avoid polluting water sources
2. Eliminate contact with insects and animals
3. Minimize decomposition
4. Minimize chances of social impacts

- Improper disposal can lead to water pollution and illness such as giardia. The salt in urine attracts wildlife, so urinate well away from camps and trails and, if possible, on rocks or bare ground rather than on vegetation. Animals may defoliate plants to get at the salt.

- Dig "cat holes" for excrement (carry a trowel). Holes should be 6 to 8 inches deep and 200 feet from water, trails, camps, and drainages. Disguise the hole after use by covering it with dirt, leaves and other natural items. Microbes in the soil will break down feces and the pathogens it contains.

- If you hike with your dog treat its excrement as you would yours.

- Carry plastic bags to carry your trash, including toilet paper. Pick up trash someone else might have left behind.



Below is a list of the decomposition rates for some common items carried on trails:

- Cigarette butts: 1 to 5 years
- Aluminum cans: 80 to 100 years
- Plastic 6-pack holder: 100 years
- Orange and/or banana peels: up to 2 years
- Plastic bags: 10 to 20 years
- Glass bottles: 1 million years
- Nylon fabric: 30 to 40 years
- Wool socks: 1 to 5 years
- Tin cans: 50 years

These are estimates and may vary depending on the environment they are left in.

Bob Russo is a Leave No Trace master educator, Trail Conference Life member, and NYS licensed outdoor guide.

Beaver Brook Bridge Back Where It Belongs

In April, the fledgling Highlands Warriors Trail Crew got its feet wet on its first project. The crew reinstalled a bridge on the Beaver Brook Trail in Rockaway Wildlife Management Area (NJ) that was washed downstream by heavy flooding a few years ago. This 16-foot bridge weighing close to 500 pounds had to be pried up from the muck and mire, hoisted back up to the trail, and then carried 800 feet back to its original abutments. Just hiking up the very steep mountain to the site was an arduous task, not to mention the difficulty in carrying the bridge. Crew members were: Keith Scherer, Michael Lenhardt, Jeffrey Roggenburg, Glenn Oleksak, Willy Diaz, Larry May, and Bob Jonas. Many thanks from the Central North Jersey Trails Committee.



A crew of six man-handled the 500-pound, 16-foot long Beaver Brook Bridge back into place.

Avon Calling

Sixteen employees from Avon in Suffern, NY, volunteered on trails in three locations April 27. Divided into three teams led by experienced Trail Conference volunteers, they painted blazes in Harriman, cut brush in Buttermilk Falls County Park, and did stonework in Tallman State Park.



Volunteers from Avon did community service work on trails in April.

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TRAIL CONFERENCE VOLUNTEERS

February 10 - May 24, 2012

The Volunteer Committee acknowledges these new volunteers who took on or completed an assignment during the time period noted above. The list also includes existing volunteers who accepted additional assignments. We thank all Trail Conference volunteers!

Club Trails Chair: Cathy O'Neill

Office Program Assistant:
Peter Juricek, Anne Rahikainen, Christine Wright

Publications Book Field Checker:
Carolyn Hoffmann

Publications Project Manager:
Jim Simpson

Tabling Event Representative:
Frank Bamberger, David Brotsky, Patrick Czernizer, Mike Fraatz, Arthur Gardineer, Madeline Giotta, Ken Hall, Artie Hidalgo, Bob Horton, Lou Leonardis, Patty Livingston, George Munger, Ruth Rosenthal, Joe Passetti, Jim Simpson, Malcolm Spector, Nancy Tollefson, Don Tripp, Martin Zumsteg

Trail Crew Chief Assistant:
Jennis Watson

Trail Crew Member: Christina Audet, John Bradley, William Burns, Cal Christensen, Doug Comeau, Marty Costello, Mary Dodds, Dan Gladding, Anna Kurz, Richard Lynch, Michael Marotta, Thomas Patton, Nikos Stycos, Dave Webber, Andy Wong, Aleksey Zinger, Steve Zubarik

Trail Maintainer: Kevin Anderson, Eric Brief, Katie Burns, William Coulter, Marc Elfenbein, Richard Erickson, John Fiedler, Jordan Frey, Frederick Hodde, Gordon Hoekstra, Django Houston, Patricia Johnston, Rich Kosmala, Mike Lakner, Reena Mancuso, John Moran, Linda Moskin, Mesrob Odian, Laurie Rankin, Richard Raschdorf, Jack Reilly, Joseph Rodriguez, Joseph Rondeau, Anthony Ross, George Saldana, Bruce Shriver, Malcolm Spector, Danielle Stepner, Larry Tardif, Richard Taylor, Don Weise

Trail Supervisor: Mary Dodds, Terry Fiedler, Mary Anne Massey, Sona Mason, Jeff Senterman

Did we miss you or someone you know? Please tell us so we can correct our records and give you the thanks you deserve. Contact the Volunteer Administrator via email: volunteers@nynjtc.org

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February 10, 2012 - May 23, 2012

GIFTS

Marilyn Adair, Jonathan & Victor A. Alfieri Jr., Annice M. Alt, Estelle Anderson, Anonymous Donor, Michael J. Ashworth, William & Christine Balcerski, Dr. George L. Becker III & Dr. Alissa Gelmann Becker, Daniel Berman, Minor Bishop, Rita Boyd, Philip W. & Helene Brandt, Alice M. Broquist, Katherine Brown, Tom Buckley, Peter Buffington, Lenny & Sue Bussanich, William Chiappane, Paul G. E. Clemens, Robert & Nancy Cole, Herbert J. Coles & June Pait, James A. Cral, Robert W. Csipkay, John Dalenberg, Lucy C. Danziger, Jerome Dean, Christopher & Caroline Dionisio, Benjamin & Jeanne Dobrzynski, Richard Dresser, David & Barbara Dykhouse, Douglas K. Eads, Marilyn Eiges, Lis & Dan Engstrom, Sheila C. Ewall, Russell Faller, Frances Lee Fanger, Peter I. & Janice A. Ford, Paul Forgie, Jay Francis & Elizabeth Bradford, Jakob & Gely M. Franke, John Gallagher, Matthew Garamone & Adrienne Booth, Tom Gilmore, Robert J. Glynn, Kathryn & Steve Goldman, Peter Tilgner & Suzan Gordon, Stanley J. Gottlieb, Judith Green, Timothy A. Gregg, James & Jane Gregoire, Robert W. Grize, John R. Grob, John & Anne Grob, John & Marianne Gunzler, William W. Gutman, Peter & Rita Heckler, Ludwig Hendel, Jan Hesbon & Jo Becker, Frederick S. Hesselgrave, Daniel Hoberman, Peter H. Hoffenberg, Mark Horberg, Risa Jaslow, Andy Huber, John R. Ieni, Stephen Jovais & Gloria Meehan, George A. Kalosieh, Chet F. Kaplan, Judy Keith, Jan Keithly, Susan Ketchum, Mark Klingenstein, Desa Koil, Henryka Komanska & Chris Bernhardt, Robert Krumm, Gary & Cindy Kuhns, Richard D. & Faith A. Larson, Marcelle Carol Layton, Andrew T. Lehman, Marie Leithauser, Anthony Leung, William H. List, David A. & Judith Lloyd, Chester S. Logan, John C. Mahle Jr., Mary & Gay Mayer, Jeffrey Mergler, Rick & Joan Meril, Christian & Peter Meyer, Bruce Modick, Steven & Lisa Napolitano, Robert F. Neff, Edward Olsen, Joachim & Lila Oppenheimer, John Palczynski & Pat Laverty, William F. & Mary H. Penny, William & Georgann Pettenger, Patricia A. Piermatti, Albert J. Poelzl, John & Louise Poole, Mark Robinson, Robert C. Rooke Jr., Lynn Rosencrans-Morgan & Timothy Morgan, Dwight J. & Ruth Rosenstein, Michael Sasse, Bradley Scher, Michael Schleifer, Marjory R. Schollhamer, Brenda Shahinian, Carolyn Smith, Mr. Harry J. Smith, Norman J. Smith, Mark I. & Mindy Sotsky, Malcolm Spector, Linda & Bob Steiner, Jules Verne Steinhauer, Robyn Stockton, Dean B. Talcott, John P. Turrell, Stephen J. Van Osten, F. William Walker, Edward B. Wallace III, Erika Warmbrunn & Peter Guernsey, Susan Warren, Scott & Jennis Watson, Hedley M. & Barbara Weeks, Larry A. Wehr, Richard A. Weiler, Barbara Westergaard, Richard & Nancy Wolff, Hanson Wong, George M. Yocher, Carol Zamcheck, Albert Zimmerman, Henry Zulaut

TRIBUTES

In memory of Douglas Williams and on behalf of Michael Williams, trail maintainer Hillburn-Torne-Sebago Trail
Bruce Bernstein

In memory of Dr. Joan Ebrinfeld
Cynthia Henry

In honor of Dagi Murphy's birthday
Jackie and Carl Rubenacker

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

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Volunteer! The Trail Conference Needs You!

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

The Trail Conference seeks an experienced volunteer Interior Designer. nynjtc.org/vjob/interior-designer

Help keep nature natural as an Invasives Strike Force volunteer. nynjtc.org/vop/invasives-strike-force-volunteer

Parks need people, too. Give back as Trail Supervisor for Jenny Jump or the Lenape Trail. nynjtc.org/vop/v97 www.nynjtc.org/vop/v85

You'll need heavy tools for the tons of fun you'll have as a Long Distance Trail Crew Leader. nynjtc.org/V87

Choose your own terrain as a Trail Maintainer on the long-distance Highlands Trail. nynjtc.org/vop/v86-trail-maintainer-highlands-trail

Explore Westchester Parks from your home and help others do the same. nynjtc.org/vop/web-writereditor-westchester-parks

We have details on these, as well as other off-trail volunteer opportunities on our website at: www.nynjtc.org/vol-vacancies

Summer Meeting RECAP

Ninety-one members and friends of trails joined all or parts of the Trail Conference annual June meeting, this year held at Camp Glen Gray in Mahwah, NJ. The day began with 5 hikes of varying lengths and levels of difficulty, continued with workshops on advocacy, map-making, and Trail University, included lunch and a business meeting, and ended with a raffle with prizes donated by 9 retail supporters (see list at right).



Five hikes explored the trails at Camp Glen Gray before the meeting.

Six new organization members were welcomed to our ranks:

Closter Nature Center
Greater Stamford Area Trust (in the Catskills)
Highlands Preservation, Inc.
Hike for Mental Health
Little Stony Point Citizens Association
West Milford 13ers

Learn more about these groups on our website.

Generous sponsors made the meeting possible and exciting. We thank:

Gold Sponsors: Tent & Trails and Thendara Mountain Club

Silver Sponsor: Camp Glen Gray

Bronze Sponsors: Campmor, Eastern Mountain Sports, Gravity Vault, Kenco, REI, Rejuvenate Sanctuary, Ramsey Outdoor, Rock and Snow



Cartographer Jeremy Apgar gave a map workshop

We Thank Our Summer Meeting Gold Sponsors:



Board, Delegate Nominations for 2012

The Nominations Committee of the Trail Conference presents the following candidates for the Board of Directors for three-year terms and Delegates-at-Large for one-year terms. These nominations will be voted on at the Annual Meeting to be held on October 20, 2012 (location to be announced).

For Board of Directors

Skip Card

Skip, of New York City, joined the board of directors in December 2011. He is the author of the popular hiking guide *Take a Hike, New York City: 80 Hikes Within Two Hours of Manhattan* published by Moon Outdoors. Card is a native of Tacoma, Washington, where he worked as the outdoor recreation reporter for the *Tacoma News Tribune*. He collaborated with forecaster Michael Fagin to create *Best Rain Shadow Hikes: Western Washington*. Later, Card worked with climbing ranger Mike Gauthier to provide historical features for the second edition of Gauthier's *Mount Rainier: A Climbing Guide*.

Christopher Connolly

Chris, of Tenafly, NJ, joined the board in 2007. A Trail Conference Life Member, Chris became board chair in 2011 after three years as vice chair. Chris is a very active trail volunteer, hike leader, and hiker. He is trail supervisor, NJ Palisades; member, West Hudson South Trail Crew; conservation chair for the Adirondack Mountain Club-NJ Ramapo Chapter; member, New Hampshire 4000 Footer Club; and on the administrative council of the Palisades Nature Association. He is retired law partner of Thelen Reid & Priest LLP, New York, NY.

Gaylord Holmes

Gaylord, of Irvington, NY, joined the Trail Conference board in 2009. He now serves as vice chair, chairs the Strategic Planning Committee, and is a member of the Conservation and Finance Committees. Gaylord is a trail maintainer and is a member of the board of directors of the Greater Irvington Land Trust. A graduate of the University of North Carolina-Chapel Hill, Gaylord earned an MBA at the University of Virginia. He is a former director, Global Aviation, Citibank in New York, with prior assignments to London and Tokyo.

Anne Todd Osborn

Anne, of Garrison, NY, is a current and past member of the Trail Conference board. A consulting forester and teacher, Anne is acting trustee of the New York Forest Owners Association; a member and former board president of Hudson River Sloop Clearwater; and a longtime board member of Hudson Valley Shakespeare Festival. Anne currently serves on the Garrison School Forest Committee and is honorary president of the Philipstown Garden Club.

David P. Stuhr

David Stuhr, of Ho-Ho-Kus, NJ, is a Trail Conference Life Member and, since 1973, an active Boy Scout leader. As an adviser to the Order of the Arrow he helped develop the Palisades Historic Trail that includes portions of the Shore Trail and the Long Path. David has been a member of the Faculty of Business of Fordham University and has held several administrative posts, most recently associate vice president for academic affairs. He retired June 30, 2011, but continues on a part time basis as senior faculty adviser and emeritus associate professor of finance and economics.

For Delegates-at-Large

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George Petty	Richard Zinn

Lyme Disease Update

By Howard E. Friedman, DPM

Hikers in this area need to be mindful of Lyme disease, the infection passed along by the deer tick. In 2010, 25% of all Lyme disease cases reported to the Centers for Disease Control and Prevention (CDC) occurred in New York or New Jersey, among nearly 30,000 confirmed and probable cases reported nationwide. Hikers should be aware of Lyme disease, but they should arm themselves with the facts before abandoning the woods altogether. After all, only about 1% of tick bites result in Lyme disease, and even those cases could be prevented with some proactive steps.

How is Lyme Transmitted?

Lyme disease is caused by a bite from an infected black-legged tick, *Ixodes scapularis*, a hard-bodied arachnid found throughout the world. It commonly inhabits high grass, woods, and leaf-strewn areas. Ticks feed on mammals, attaching for several days to gorge on blood, then drop off and remain in the vegetation as they continue their life cycle: a tick larva becomes a nymph, which becomes an adult.

The tick gut is a reservoir for the bacterium that causes Lyme disease. The organism, a spirochete, is shaped like a corkscrew and called *Borrelia burgdorferi*. Researchers believe ticks contract these bacteria from biting an infected white-footed mouse or deer. It takes approximately 36 to 48 hours of attachment for a tick to inoculate enough of the spirochete into a human host to cause Lyme disease, according to the CDC.

Signs and Symptoms

Initial symptoms of Lyme disease occur within 3 to 30 days of the tick bite. The most common first symptom is a skin rash frequently located at the site of the bite. Most infected people develop a rash with concentric red rings, known as a "target lesion." It can enlarge at the original site, or the same type of rash can occur on other parts of the body as well. The rash also is referred to as *erythema migrans* because of its evolving or "migrating" course. The initial rash is usually accompanied by fever, chills, aching muscles, and swollen lymph nodes. Some 20% to 30% of infected people do not develop a rash, but the site of the tick bite may become red and swollen.



Close-up look at a black-legged tick, *Ixodes scapularis*

Anyone who develops a fever, chills, and aches after spending time outdoors in the spring or summer should suspect Lyme disease and seek medical care. If the infection is left untreated, other symptoms will develop. These can include muscle weakness in the face, headaches, neck stiffness, joint pain and swelling (particularly in the knees), shooting pains, and even heart palpitations related to a change in heart rhythm. As time without treatment lengthens, pain and swelling in the large joints worsens and some of the neurologic conditions (such as shooting pains, numbness, and tingling) persist.

When Symptoms Linger: Post-Treatment Lyme Disease

Lyme disease is worrisome because 10% to 20% of people treated with the appropriate antibiotics can still have symptoms lasting more than 6 months, according to the CDC. This phenomenon is called post-treatment Lyme disease and specifically describes muscle and joint pain, fatigue, sleep disturbance, and even some cognitive deficits.

These lingering effects are not a result of ongoing infection, however. In fact, treatment with additional antibiotics is not helpful and not recommended. Instead, affected people may benefit from treating the symptoms in consultation with a physician. Researchers believe these late effects are a result of an autoimmune response to the *Borrelia* antibodies.

Diagnosis and Treatment

A physician can diagnose Lyme disease based on just the symptoms: a combination of fever, malaise, joint pain, and swollen lymph nodes with or without a rash. Confirmatory blood tests are almost always ordered, but the infected person might not test positive for 4 to 6 weeks after the bite, according to the Infectious Disease Society of America.

Initial treatment is a 3- to 4-week course of antibiotics. Doxycycline is commonly used for adults. Extending the duration of antibiotic therapy does not shorten the course of symptoms. Once infected, people will carry antibodies to the Lyme organism and will test "positive" on blood tests. People can become re-infected with Lyme disease, however, if bitten by another infected tick. Because those people already test positive, their physicians must diagnose a new infection solely on the basis of symptoms and history of possible exposure.

Prevention

Trying to prevent tick bites is the most effective way to avoid Lyme disease, followed by surveillance for ticks attached to the body after exposure. If someone develops any symptoms, they should seek prompt medical treatment to determine if antibiotics are needed. Antibiotics are not routinely prescribed as a preventative measure.

Hikers should try to avoid contact with ticks by hiking on trails as opposed to bushwhacking through tall grass or brush. (Trail maintainers can help by clearing the trails of brush and encroaching overgrowth, leaving a clear path.)

Wear light-colored long sleeves and pants when hiking, and consider tucking pant legs into socks. Check the entire body upon returning home, with special attention to the back, all body creases, and hair. Adults should inspect small children who cannot check themselves for ticks. Shower to help remove any undetected ticks, and place clothes worn outdoors in the dryer to help kill ticks that may be attached.

The CDC recommends two bug sprays: a product that includes 20% DEET on the skin, and a spray with the chemical permethrin to treat clothing to be worn on the hike.

Hikers need not shun the woods during the spring and summer, but should take precautions to remain healthy on and off the trail. Be on the lookout for the possibility of tick bites, and remain alert while hiking and after returning home.

Howard E. Friedman, DPM, is an avid hiker, a podiatrist in Suffern, NY, and a frequent contributor to Trail Walker. Find many of his articles on our website at nynjtc.org/news/health-news.

GEAR CHECK

An occasional series that will review gear appropriate for hiking.



Pelican i1015 Case Waterproof Case for iPhones

Reviewed by Jeff Senterman

I tend to bring my iPhone along on most of my hikes, using a Ziploc bag to protect it from rain. So the new i1015 Case from Pelican, a water-resistant, crush-proof and dustproof case that protects your phone while letting you still use it through an integrated jack, looked like a definite step up in terms of protection for my phone.

The i1015 is made from heavy duty plastic and has an easy-to-open latch. A rubber liner on the inside of the case creates an airtight seal when the case is closed and latched. Your phone rests on the raised portion of the rubber liner, allowing you to store your headphones below in a small opening. There are also two pieces of foam on the lid that secure and hold down your phone in the case, when it is closed and latched. A small carabiner lets you clip the i1015 to the outside of your backpack.

Of the most interest for those of us who want to listen to music while we hike, the i1015 has an integrated audio jack that plugs into your phone inside the case, goes through an airtight seal and then provides an external jack to plug into. This lets you listen while your phone remains protected in the sealed case. The cover is clear, so you can easily see what is playing on your phone or any messages that may pop up.

Using the case's audio jack on field tests, I was able to listen to music from my phone as I walked. I did like that, as all I had to do if it did start raining was stash my headphones instead of scrambling to make sure the phone was also protected. The case has not come out any worse for the wear after tumbling around in my backpack.

On the downside, the i1015 makes your iPhone a lot more bulky and a lot heavier. The exterior dimensions of the case are just over 6 1/2 inches in length, just over 3 3/4 inches in width, and almost 2 inches in depth. More important, the case adds about half a pound of weight to your iPhone. That bulk and weight do not make or break my pack on a day trip, but it is a consideration for a longer hike or if you are very conscious about space and weight in your backpack.

It is important to note that this case is not designed to be submerged in water, so it is not the case that you would want to take on a canoe trip.

Overall I like the extra level of protection that the i1015 provides to my iPhone and that I can listen to music while the phone stays protected. I just wish it were a little lighter and less bulky.

Jeff Senterman is Catskill Program Coordinator for the Trail Conference.



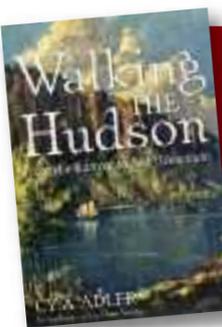
Rating: 3 boots out of 5

Ratings are 1-5 boots, with a 5-boot ranking signifying "This is very good. I like it."

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Featured Hike



To Cat Rocks on Appalachian Trail via New Boardwalk in Pawling, NY

On May 17, volunteers of the Trail Conference's Dutchess-Putnam Appalachian Trail (AT) Management Committee installed the last piece of "kick rail" on a new 1,600-foot-long boardwalk and bridge at the Swamp River in Pawling, NY, concluding a two-and-one-half-year project to construct this structure, which carries the AT over an extensive wetland. The project's completion is to be officially celebrated on-site Sunday, July 1. The hike described here starts southbound on the new structure. Several destinations along the AT from this point—the Dover Oak (2.5 miles away) or Nuclear Lake (6 miles)—offer interest points for round-trip hikes of various levels of difficulty and length. A detailed description of a 12.7-mile round-trip hike that includes a loop around Nuclear Lake can be found on the Trail Conference website.

Volunteers: Some 75, including members of Appalachian Trail Conservancy Mid-Atlantic Trail Crews. Committee chair and project leader Jim Haggett reports that more than 5,000 volunteer

hours went into the work. A big thank you to all who contributed their time and skills!
Features: This "out-and-back" hike crosses a wetland on the new 1,600-foot boardwalk, climbs about 1,000 feet overall, passes the largest blazed tree on the AT, and features a number of panoramic views.

Length: About 6.9 miles

Difficulty: Strenuous

Time: About 4.5 hours

Map: Map #1 accompanying the Appalachian Trail Guide to New York and New Jersey.

Getting There: By Train: Metro-North Railroad, Harlem line, to Appalachian Trail station (weekends only, limited schedule).

Driving: Take NY Route 22 in eastern Dutchess County to a parking area 1.9 miles north of the traffic light at Coulter Avenue in Pawling (just north of a garden and landscaping center on the west side of the road).

From the parking area, proceed south along Route 22 to the Appalachian Trail station platform of the Metro-North Railroad, just south of the garden and

landscaping center. Cross the tracks, and continue across the wetland on the new boardwalk. You'll be following the white blazes that mark the AT.

At the end of the boardwalk, you'll cross a bridge—also new—over the Swamp River. The trail now turns right, along the base of Corbin Hill. In two-thirds of a mile, after passing through a gap in a stone wall, the trail steepens, with the last part of the climb utilizing switchbacks.

About 1.5 miles from the start, you'll reach the top of Corbin Hill. The trail emerges from woods onto an overgrown field. It follows along the edge of the field, with woods on the left, and begins to descend, skirting several small fields on the way. Ahead, to the west, you can see the hill known as West Mountain. You will soon be climbing to the top of this hill.

But first, you descend to West Dover Road (County Route 20). At the side of the road, notice the Dover Oak. This white oak has a circumference of more than 20 feet and is believed to be the largest blazed tree along the entire AT from Maine to Georgia.

On the other side of the road, the trail descends to cross a wet area on rocks and puncheons, climbs a jagged rock outcrop, and begins its steady ascent of West Mountain. After climbing for about half a mile, you come to an intersection, where a blue-blazed side trail leads to the Telephone



Nuclear Lake, along the AT in Dutchess County.

Pioneers Shelter and picnic table, a great spot to take a break.

Back on the AT, you continue to climb until the trail reaches the grass-covered summit ridge of West Mountain. Just before the viewless summit, a side trail on the right leads a short distance to Cat Rocks—a panoramic east-facing viewpoint from an open rock outcrop. The trail you took earlier in the hike follows the edge of the fields you see below.

After taking in the view, return to the AT, turn left, and retrace your steps to the parking area where the hike began.

This description is adapted from Daniel Chazin's more detailed article, which can be found at nynjtc.org/view/hike_ny



The view eastward from Cat Rocks on West Mountain in Pawling.



The Dover Oak, largest blazed tree on the AT.



A section of the brand-new boardwalk over the Great Swamp in Pawling, NY.



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