



## Yikes! Don't Put Your Hand on This!

The Japanese angelica is invasive, but DON'T cut it.

READ MORE ON PAGE 9 ▶



## Hunting Season

Find relevant info and links for New York and New Jersey, including great no-hunting hiking areas on our website.



# TRAIL WALKER

Fall 2013

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

www.nynjtc.org

## How do you like your Breakneck?

By Kali Bird

“You know this is a scramble, right?”

One person in the group of eight pokes his head up and asks, “What’s a scramble?”

“It’s climbing, but you don’t need fancy gear. You’ll want to have both of your hands free.” Each stares down at the coffee cup, water bottle, or cell phone in their hand and then sheepishly at the two people in the group who brought backpacks.

“Do you have a map?” I ask.

Some head-shaking. After I explain that they are about to scramble up three-quarters of a mile to an elevation over 1,200 feet to enter more than 7,000 acres of hilly terrain, they agree that a map would indeed be helpful, and we begin to plot a course for their hike.

This is a typical encounter that I have had with first-time visitors to the Breakneck Ridge trailhead. Breakneck Ridge is easily the most strenuous ascent in the Hudson Highlands, and yet many unknowing visitors arrive in flip-flops and without water on even the hottest of days. It is no wonder that the Hudson Highlands State Park office and local emergency responders regularly receive calls from lost and injured hikers. For these reasons, the park managers turned to the Trail Conference and asked for help.

And so, in August, the Trail Conference hired me and Brett Schollman to assist the hordes of hikers that arrive each weekend, many not knowing what they’re about to get themselves into.

Through Labor Day, Brett and I staffed a table along busy Route 9D at the foot of the “most popular trail in North America” (according to Trails.com) or hiked along the trail, sharing info about how to hike safely while respecting this great natural resource in the Hudson Highlands.

Over just the first four weekends of August, we helped equip more than 5,000 visitors with maps and information; answered hundreds of questions about local

flora, fauna, and history; steered dozens of visitors back onto trails they missed; and assisted multiple injured hikers. [See a letter from one assisted hiker on page 2.] Neither NYS Parks nor local emergency responders received a single call while we were on the ridge during that time.



GEORGETTE WEIR

Our trail stewards + info table add up to a Breakneck Ridge visitor center.

Based on our counts, the Trail Conference estimates that in the pleasant-weather months more than 2,000 people scramble up Breakneck Ridge each week to behold some of the most historically significant and inspirational views in our nation. From even the first of the three peaks on the ridge, at just under 1,000 feet above sea level, hikers are rewarded with a panoramic Hudson River view, with West Point just to the south and Storm King Mountain front-and-center.

I am fortunate to live in such an amazing place. Described as “the landscape that defined America” by the National Park Service, the Hudson River Valley is one of the most beautiful and inspirational regions in our country. I love to share with hikers the story of Storm King’s survival—it is known across America as the birthplace of environmental protection, thanks to a landmark judicial decision that gave conservationists legal standing to protect the environment in the public interest.

And thanks to the vision and generosity of those who live along its banks, hard-working nonprofit organizations, and the New York State government, we have the ability to freely recreate in and be inspired by this defining, majestic landscape. It is my hope that everyone takes the opportu-

nity to explore the beautiful Hudson Highlands. For the more intrepid—the journey starts at Breakneck Ridge.

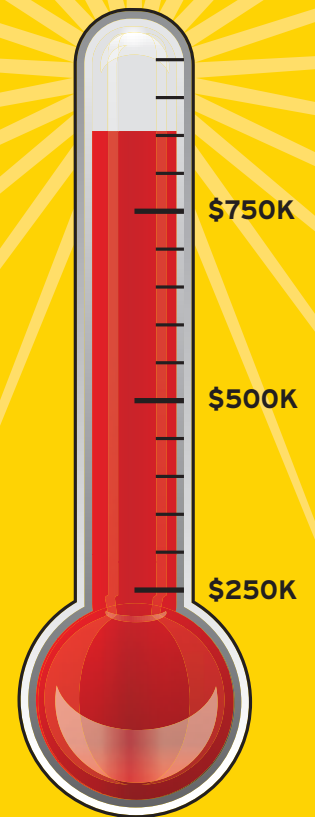
The Trail Conference hopes to resume the Breakneck Ridge Trail Stewards program next year, starting on Memorial Day weekend. To support this program, go to our website, click on Donate, and type “Breakneck Stewards” in the instructions box.

*Kali Bird of Beacon, NY, is an Education Program Specialist for the Cary Institute of Ecosystem Studies in Millbrook, NY. She previously worked as a Natural Resources Assistant for Scenic Hudson. Brett Schollman of Cortlandt Manor, NY, is a snowboard instructor and Appalachian Trail thru-hiker. He completed his hike in 2011.*



## Our New Headquarters Is within Reach

Learn how you can help us earn \$500,000 by October 31 and put your name on our Darlington Honor Wall. Please visit Our Darlington Schoolhouse blog at <http://blog-dsh.nynjtc.org>



## Join Us at the Sterling Forest Trails Project

The Trail Conference has entered into an agreement with New York State Parks to develop a volunteer-based back-country trails restoration program at Sterling Forest State Park, and we welcome your participation.

The program will train volunteers to inventory and assess trails, repair existing trails, and build new ones. If you are an able-bodied person with an enthusiasm for outdoor service, consider coming out

with us.

In 1998, the Trail Conference led a coalition of more than 30 organizations in the effort to protect Sterling Forest from development. We succeeded when New York State purchased and permanently protected 14,500 acres of forest habitat. Subsequent acquisition efforts have increased the size of the park to nearly 22,000 acres. Our volunteers have been working on trails in the park ever since.

Recognizing our expertise in developing trails and volunteers, New York State Parks has asked us to expand our work at Sterling Forest, and we are developing an expanded corps of volunteers to assess, inventory, design, build, and restore the trails in this park.



SONA MASON

Interns learned and led trail work at Sterling Forest this summer.

The project got underway Saturday, July 20 when 26 potential new volunteers attended an orientation and Tool Use & Safety workshop at the Frank Lautenberg Visitor Center at Sterling Forest State Park. Weekly workshops and trail service outings have been ongoing at the park since then and will continue through October.

A series of both entry level and advanced hands-on workshops will teach volunteers how to lay out and design sustainable, user-friendly trails, as well as how to build,

repair, restore, and maintain them. Advanced techniques on how to repair and install crib wall; install or build rock paving, steps, drainage structures, stepping stones, and turnpikes will be taught as needed.

Up to 125 miles of selected trails will be inventoried, primarily by trained volunteers utilizing professional GPS Trimble equipment and Trail Conference methodology.

Training is provided for all tasks and volunteers will work alongside experienced staff, trained interns, and other volunteers. All who participate go home with new skills, new friends, a new appreciation for our trails, and the satisfaction of making a contribution to public recreation and health.

For more information, please contact Program Coordinator Sona Mason, [smason@nynjtc.org](mailto:smason@nynjtc.org) or 201-512-9348, ext. 16. Find upcoming Trail U workshops and crew outings on our website.

*Note: The Sterling Forest Trails Project will not involve advanced rock work; training in those techniques is available at our Bear Mountain Trails Project.*



# TRAIL WALKER

VOLUME XL, No. 4 FALL 2013

GEORGETTE WEIR EDITOR  
LOUIS LEONARDIS GRAPHIC DESIGNER

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### Mission Statement

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

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

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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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## Follow NYNJTC!



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In between *Trail Walker* issues, you can keep up with trail news by subscribing to *e-Walker*, our twice a month (usually) electronic newsletter.

Go to our website and click the blue "Get Our E-Newsletter" button.

## Feedback

### An International Thank-you

On August 24, 2013 *Loneranger* wrote on our website:

I am visiting from The Netherlands and found myself at a loose end this weekend so I thought I would try to see if I would be able to do some hiking. I was very pleasantly surprised.

The directions on the website are excellent and I got round the route [at Norvin Green State Forest] with no problems at all. The views were outstanding and the trails are really well managed.

I hope that you people realize that your work is appreciated and that it allows all kinds of people to experience the pleasures of this spectacular part of the world.

All the best from the low countries.



Breakneck Trail Stewards Kali Bird (in blue) and Brett Schollman (in green).

### Thumbs Up for Breakneck Trail Stewards

Submitted via website by anonymous user August 11, 2013: Went to Breakneck Ridge hike. Person there [trail steward] was very helpful, and guided us very well for the hike. Good work to all of you—cheers.

Submitted via website by Kenny Fong August 15, 2013: I hiked the trail at Breakneck Ridge for the first time last weekend. I was with two of my friends hiking up the rocky trail when one of my friends injured her ankle a quarter of the

way up the trail. We were stuck trying to figure out how to get off the trail with my injured friend and couldn't think of any way but keep going up. We were luckily saved when trail steward Kali Bird came up the trail and saw us in despair. I am grateful that she was around to help us down the mountain, scouting for the easiest route back to the base while avoiding poison ivy and other dangerous obstacles. The idea of having trail stewards is a very good one and I am grateful that there was someone as competent and skilled as she was at the time my friends and I needed assistance. Please continue having stewards on the trails because I am sure anyone else who may need assistance will be glad to know there are people who can help them.

### First Hike Was Great

Re <http://www.nynjtc.org/hike/abramshewitt-state-forest>

On August 4th, 2013 *Thiagobr03* wrote: Thank you very much for the excellent detailed hike. This was my first hike ever and couldn't be better. I enjoy the outdoors and am very active; the rocks were awesome! Felt great pacing up the rocks and the heart rate pumping.

### Editor's Note:

An addendum to our information on the *Darlington Headquarters project* in our last issue:

This project was assisted by a grant from the Bergen County Historic Preservation Trust Fund, a part of the Bergen County Open Space, Recreation, Farmland and Historic Preservation Trust Fund.

### Send Us a Letter

Email it to [tw@nynjtc.org](mailto: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.

## What's a Trail Worth?

In the case of the proposed Catskill Mountain Rail Trail (CMRT) we know, thanks to an economic impact study. The study, entitled *Catskill Mountain Rail Trail: Economic & Fiscal Impact Analysis*, was conducted by Camoin Associates. The report was commissioned by the Trail Conference, with support from Ulster County businessman Sean Eldridge and The Dyson Foundation. The proposed 32- to 38-mile rail trail would connect the city of Kingston with Belleayre Ski Resort in Ulster County, with the goal of creating a world class tourist destination that enhances the current recreational resources in the Catskill Mountain Region.

Recreational trails like the proposed Catskill Mountain Rail Trail are not only popular, they provide significant economic benefits for the county and state.

"Recreational trails like the proposed Catskill Mountain Rail Trail are not only popular, they provide significant economic benefits for the county and state," said Edward Goodell, Executive Director of the New York-New Jersey Trail Conference. "There is no doubt that this rail trail will be a tourism destination and enhance the current recreational resources in the Catskills while generating sales and jobs for small businesses right here in Ulster County. For the first time, this rigorous study provides the public with hard facts about the economic benefits this trail development will bring."

The CMRT is currently in the planning stages and there remain outstanding issues to resolve. The Trail Conference is actively working with all parties, including Ulster County and the Friends of the Catskill Mountain Railway, to help make this trail a reality.

A link to the complete study can be found on the Trail Conference's website at: [nynjtc.org/files/CatskillMtnRailTrail.EconomicFiscalImpactAnalysis.pdf](http://nynjtc.org/files/CatskillMtnRailTrail.EconomicFiscalImpactAnalysis.pdf)



### Celebrate the Catskills during the 10th Lark in the Park!

The 10th Annual Lark in the Park will offer exciting hiking, paddling, cycling, fishing, nature walks and lectures as well as cultural events throughout the entire Catskill Mountains region. From October 5 through 14, you can enjoy more than 50 outdoor activities during the 10-day "Lark" celebration, sponsored by New York-New Jersey Trail Conference, the Catskill Mountain Club (CMC), and The Catskill Center.

You can help us celebrate creation of the Catskill Park by hiking to a Catskill fire tower, paddling the Pepacton Reservoir, cycling on the Catskill Scenic Trail, learning about the region's ecology, and much more. Lark in the Park group activities are typically free of charge - everyone is welcome!

The schedule of activities is available online at [www.catskillslark.org](http://www.catskillslark.org).

Lark in the Park was originally celebrated in 2004 when the NYS Department of Environmental Conservation (NYSDEC) called on the CMC to help them mark the 100th anniversary of the Catskill Park's founding. The NYSDEC is again a key supporter of this important anniversary.

For more information on Lark in the Park, call 518-628-4243, e-mail [catskills@nynjtc.org](mailto:catskills@nynjtc.org), or follow the Lark on Facebook ([www.facebook.com/CatskillsLarkInThePark](http://www.facebook.com/CatskillsLarkInThePark)).



As CAMPMOR celebrates our 35th Anniversary, we'd like to thank the NY-NJ Trail Conference and all its members for your continued support.

Through 12/31/13, bring this ad with you—or mention it—next time you visit our Retail Store and receive a CAMPMOR 35th Anniversary iron-on patch for free plus 35% off a Trail Conference membership or renewal. CAMPMOR your LOCAL Camping Gear Outfitter.



**From the Executive Director**



**Trails of the people, by the people, for the people.**

That, with a nod of thanks to Abraham Lincoln for the inspiration (his words are in the air during this 150th year since Gettysburg), is the Trail Conference and our mission.

**Our trails:**

of, by, and for trail-using people.

**Our maps and books:**

of, by, and for trail-using people.

**Our conservation and advocacy work:**

of, by, and for trail-using people.

**Our staff and operations:**

of, by, and for trail-using people.

Over the 93 years of our existence, much has changed, but these essentials have not.

90 years ago, Benton MacKaye's idea of a linear trail along the Appalachian Mountain ridge line landed on fertile ground in New York-New Jersey. Our predecessors no sooner absorbed the idea than they hit the ground running, building miles of new trail in Harriman-Bear Mountain State Park, linking these new sections with others already on the ground, and, in a matter of months, declaring the first 24 miles of the Appalachian Trail built. The achievement—of, by, and for the people—was celebrated October 7, 1923. [Join us for a commemorative hike on Sunday, October

6; enjoy the trail and see how we are improving it for hikers now and in years to come. For details, see Hikers Almanac, page 4.]

These trail-blazers and their successors built an ever-growing legacy that we inherit, enjoy, and are determined to enhance and pass on to those who follow.

In the 1990s, JoAnn Dolan and Neil Zimmerman, respectively emeritus executive director and emeritus chairman, led the Trail Conference's successful effort to protect 14,500 acres of Sterling Forest as public parkland. That success created the need and opportunity for new and enhanced public trails at the new state park, and our volunteers have maintained trails at Sterling Forest ever since.

This year, New York State Parks asked us to expand our work at the park to include a thorough trail inventory, building the new Doris Duke Trail in a no-hunting area of the park (giving hikers a lovely new place to go during hunting season), and restoring other trails. Our Sterling Forest Trails Project (see page 1) is the result, and it builds on the successes of the Trail Conference under JoAnn and Neil's leadership. In fact, JoAnn's son Peter, a skilled and knowledgeable outdoor educator (you can read about him on page 8) is one of the three interns on the project this season.

In 1992, we collaborated with the Appalachian Trail Conference and the N. J. Dept. of Environmental Protection to cosponsor two Appalachian Trail Ridgerunners in the heavily used Kittatinny Ridge area. The idea was to educate hikers about safety and trail etiquette and to protect the trail and its resources. It was so successful, we soon added a third Ridgerunner. (See a story from one of this year's ridgerunners on page 5.)

We looked to this success on the AT for inspiration when staff at Hudson Highlands State Park requested our help in similarly educating hikers on what has been called the "most popular" trail in the country, the Breakneck Ridge Trail. Our Trail Stewards there very quickly were making a huge difference in the quality of hikers' experience and reducing the number of calls to park staff and emergency services for help or rescue. (See page 1.)

And so it goes.

**We are determined to protect and enhance the trail legacy that we inherited and enjoy.**

Even our pending office relocation will build on precedent and move us closer to where the trails and trail users are and expand our potential for trails education. This time, and at last, we'll actually be a trail head location. (For those new to our history, before moving to Mahwah in 2001, the Trail Conference office was on Madison Avenue in Manhattan.) Like everything we do, this is a trail project of the people, by the people, for the people. Don't miss out on helping to make it happen! Please make a donation by October 31.



— Edward Goodell  
Executive Director  
goodell@nynjtc.org

**Update: Support Grows for Multi-use Trail along Hudson Highlands State Park**

Local citizen groups and governmental agencies continue to work together to develop the Hudson Fjord Hike/Bike Trail—a separated, multi-use, 9-mile trail along the Hudson River linking Constitution Island in Cold Spring to the City of Beacon train station. The riverfront towns of Philipstown and Fishkill, the City of Beacon and the Village of Cold Spring, Dutchess and Putnam counties, Scenic Hudson, Hudson Highlands Land Trust, the Open Space Institute, the Trail Conference, and elected officials are working collaboratively on the project with NYS Department of Transportation, NYS Office of Parks Recreation and Historic Preservation, and Metro-North Railroad. The project is featured in both the Mid-Hudson Regional Economic Development Plan and the Mid-Hudson Sustainability Plan.

First reported on in the July 2008 issue of *Trail Walker*, the goal of the overall project is to transform a portion of State Route 9D in the heart of the Hudson Highlands from a high speed thoroughfare into a multi-use, user-friendly recreational, tourism-oriented parkway that provides people with a stronger visual and physical connection with the Hudson River.

This section of Route 9D links two of

**The goal is to improve safety and enjoyment in this much visited area.**

the region's most significant historic communities, the Village of Cold Spring and the City of Beacon, and connects a number of important public resources, including Hudson Highlands State Park, Little Stony Point, and Mt. Beacon, all of which offer outstanding trail networks and views of the Hudson River, Storm King Mountain, and Bannerman's Castle.

The road is heavily used in all seasons by people seeking to access some of the most outstanding outdoor recreational opportunities in New York State. In fact, the Breakneck Ridge Trail currently ranks as the number one day hike in the country in an online poll conducted by Trails.com. Yet



due to the road's design, the public—particularly bicyclists and pedestrians—cannot safely access these places. The corridor is used by vehicles traveling along the highway at or above the 55 mph speed limit as well as by large numbers of hikers parking and walking along the unimproved shoulder. (See video links.)

At the northern section of the corridor lies Beacon, which is rapidly emerging as a Hudson River artist hotspot. Cold Spring, deep in the heart of the Highlands, has a variety of antique, outdoor recreation, specialty shops, and cafes that attract many visitors from the New York City area. There will be important economic benefits of improved access and use of the Fjord Trail to local communities. In addition, Cold Spring boasts a rich history in a scenic setting nestled between the mountains and river that draws history buffs from around the nation.

With both communities well-served by Metro North rail service, the centers of population will have a green connection between them, and visitors will use it to connect to the communities and to nature. The Hudson Fjord Trail will accommodate all: hikers, bikers, seniors, families, those with disabilities. The area is already a destination for international travelers, and the trail will make their trip easier and safer.

*Just how busy—and unsafe—is the Hudson Highlands State Park corridor? Watch these YouTube videos to get a virtual experience of the trailhead experience at "the number one hike in the country": Breakneck Ridge: [youtube.com/watch?v=km800qWhi-w](http://youtube.com/watch?v=km800qWhi-w); Follow this link about Little Stony Point: [youtube.com/watch?v=l6Ob2mH2C58](http://youtube.com/watch?v=l6Ob2mH2C58)*



**Mark Your Calendar Now for Our Fall Sale Dates**

**Monday, November 18 through Wednesday, November 20!**  
Purchase Maps, Books, Combo packages at special pre-holiday rates. Keep your eyes on our website and E-Walker newsletter for details. Make your holiday gift purchases before Thanksgiving, then kick back and enjoy the pleasures of the season.



**William Gannett**  
Life Member  
New York, NY

***Our work space will go from liability to asset in one fell swoop***

As a hiker and life member of the Trail Conference, I have loved every minute of my time spent traversing as many miles as possible of the Trail Conference's ever expanding 2,000+ mile trail network. This unique system—consisting of through trails, connecting trails, out-and-back trails, and circular trails in "island" settings—owes its existence to the Trail Conference and its volunteers who build, improve, and maintain it.

On the trail, hikers merely see the path forward—defined, marked, and maintained. What they don't see is the organization and coordination required to deploy effectively more than 1,500 volunteers. These volunteers may contribute by maintaining a three-mile stretch of trail in a municipal park, designing the Trail Conference's website, creating Trail Conference publications and maps, or constructing a water bar or stone steps miles from the nearest access point.

Critical to the success of all these activities is an appropriate space to create, coordinate, manage and train. Whether at its cramped space in Manhattan before 2001, or its current office in Mahwah, the Trail Conference has not had this resource. In one fell swoop, the renovated Darlington Schoolhouse will change the Trail Conference work space from a liability to an asset; the direct and indirect benefits for the Trail Conference's volunteers and each user of the trail system will extend for years into the future.

This is a great opportunity for the Trail Conference—by analogy to a hike on the Appalachian Trail from Hessian Lake to the summit of Bear Mountain, the Darlington Schoolhouse campaign has crossed the 1,000-foot elevation and is nearing the summit. It's within reach—let's finish the climb.

**Make your gift now at [nynjtc.org/donatedarlington](http://nynjtc.org/donatedarlington)**

**ANNUAL FALL MEETING SATURDAY, OCTOBER 5 AT CROTON POINT**

**Register Now**

[nynjtc.org/event/fallmeeting2013](http://nynjtc.org/event/fallmeeting2013) or call 201-512-9348 ext. 26



Find many more hikes at [www.nynjtc.org](http://www.nynjtc.org). Click on Scheduled Hikes under Go Hiking!

**October**

**Saturday, October 5**

**IHC. Castle Point, Minnewaska State Park, NY.** Leaders: Guy and Jennifer Percival, 973-590-7437, [jenguy@optonline.net](mailto:jenguy@optonline.net). Meet: 8am at Harriman RR station, Rt. 17, Arden, NY. Strenuous hike. Start from upper parking at Minnewaska and heading to Castle Point and beyond. Pretty vistas and leaves just starting to change. Parking fee \$8 per car. Bad weather cancels.

**SW. Van Cortlandt Park, NY.** Leader: Debbie Dolan, [turlan@optonline.net](mailto:turlan@optonline.net). Meet: 10am at 242nd St. stop on #1 subway train (street level on park side near sign for BX9 bus). Get to know the third largest Forever Wild nature preserve in NYC. Walk on forested Putnam Trail, by a marsh and lake, and the Tibbett wetlands. Optional Mexican-style lunch at nearby restaurant.

**UOC. Cheesequake State Park, NJ.** Leader: Mary Munn, [marylm345@yahoo.com](mailto:marylm345@yahoo.com). Meet: contact leader for details. 4.5-mile, moderate hike on trails of this fine park.

**Sunday, October 6**

**NYNJTC. Appalachian Trail 90th Anniversary Loop Hike at Bear Mountain.** Leader: Ama Koenigshof, Trail Builder/Educator, and Georgette Weir as sweep. Meet: 9am at the north end of the Bear Mountain parking lot, near the Inn. Join us as we honor our predecessors' achievement in building the first section of the AT 90 years ago. This will be a strenuous, hike of about 5 miles, up the AT to Perkin's Tower, including a section of trail on the east face that is under construction, and down the south side. Enjoy Octoberfest at the end. More info and sign up at [nynjtc.org/event/hike-AT-90](http://nynjtc.org/event/hike-AT-90).

**NYR. Somerville Circular, NJ.** Leader: Chris Zeller, [dlonglegs@earthlink.net](mailto:dlonglegs@earthlink.net). Meet: 9:25am at Somerville, NJ, train station. Leader arrives by train (meet 7:50am at NJ Transit ticket windows at Penn Station, NY, for 8:07 North Jersey Coast train; change at Newark Penn Station for Raritan Valley train, RT Somerville. We'll take woods road to Rt. 206, cross Raritan River, then explore Duke Farms, visiting Orchard Range, foundation ruins, carriage roads, and lakes.

**MH-ADK. Tree Discovery Difficult Hike, Minnewaska State Park, NY.** Leader: Jean-Claude Fouéré, 845-462-1909; [jcfouere@gmail.com](mailto:jcfouere@gmail.com). Meet: contact leader. A knowledgeable tree expert will accompany us in this tree discovery hike in Minnewaska.

**AFW. Appalachian Trail in New Jersey.** Leader: Call 973-644-3592 or visit [www.adventuresforwomen.org](http://www.adventuresforwomen.org) for info and to register. Meet: 9am. Strenuous hike at moderate pace; out by 5pm. Hike from Oil City Rd. to Rt. 94 on the AT.

**RLC. Fall Foliage Hike and More, NJ.** Leader: Rock Lodge Club in Stockholm NJ; go to [www.rocklodge.com](http://www.rocklodge.com) to learn more about us. Meet: 10am at the club. Easy 3-mile hike along pleasant woodland paths to enjoy the foliage; roast hotdogs/sausages over fire for relaxing lunch. Those who wish continue on longer hike. All are welcome to enjoy the club's facilities after the hike: scenic lake (often swimmable in Oct.), small boats, tennis, sauna. Visitor fee.

**AMC NY-NJ. Sugarloaf Mtn. and Breakneck Ridge Trail, NY.** Leaders: Nancy and Art Tollefson, [tollefson@verizon.net](mailto:tollefson@verizon.net), 212-727-8961 (call before 9:30pm). Meet: Take 8:44am Metro North train from Grand Central to Breakneck Ridge (Poughkeepsie train; RT), arriving 10:02. Breakneck parking is one-quarter mile north of RR tunnel on Rt. 9D, just north of Cold Spring, NY. 7 miles at moderately brisk pace, substantial hills (about 2,000 ft. elevation gain). Bad weather may cancel; contact leaders eve before if in doubt.

**SW. Bronx Side of Harlem River, NY.** Leaders: Cy Adler and friends; email [adlercy@gmail.com](mailto:adlercy@gmail.com) for details. Meet: 10:30am at 207 St. station of #1 subway train, southeast corner. 5 miles in four parks in the Bronx and under three great bridges (if no construction); possible addition to Highbridge Park.

**AFW. New Jersey Palisades.** Leader: Call 973-644-3592 or visit [www.adventuresforwomen.org](http://www.adventuresforwomen.org) for info and to register. Meet: 10am. Easy hike; out by 1:30pm.

**AMC NY-NJ. Harriman State Park, NY.** Leaders: Nancy and Art Tollefson, [tollefson@verizon.net](mailto:tollefson@verizon.net), 212-727-8961 (call before 9:30pm). Meet: Take 8:30am Short Line bus from Port Authority to Arden, arriving 9:26. Arden parking is 2 miles north of Southfields, NY; from Rt. 17 north, turn right on Arden Valley Rd., first right into parking lot. 9 miles at moderately brisk pace with hills and rocky trails. Hike past Island Pond, Lemon Squeezer; trails include the Lichen and AT. Bad weather may cancel; contact leaders eve before if in doubt.

**Saturday, November 9**

**MH-ADK. Catskills Bushwack: Olderback Mtn., NY.** Leader: Russ Faller, 845-297-5126, call before 9pm; [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com). Meet: Contact leader for details and to register by Nov. 6. Difficult 6 mile hike (2100 ft. ascent) with a real wilderness feel; for experienced bushwalkers only. Very steep sections with cliffs. Leader will help arrange car pooling.

**UOC. Hacklebarney State Park, NJ.** Leader: Jane Faulkner, [jerseyfaulkner@gmail.com](mailto:jerseyfaulkner@gmail.com). Meet: contact leader for details. Leisurely walk through this secluded park in Morris County, with well maintained paths, comfortable footing, and a few steep hills.

**Saturday, November 16**

**AFW. Cupsaw Mountain, Ringwood State Park, NJ.** Leader: Call 973-644-3592 or visit [www.adventuresforwomen.org](http://www.adventuresforwomen.org) for info and to register. Meet: 9:30am. Moderate hike at leisurely pace; out by 1:30pm.

**SW. Full Moon Hike Along the Hudson River, NY.** Leader: nicholasdinapoli@hotmail.com, 201-406-4549. Meet: Take 3:15pm Rockland Coach bus from Port Authority bus terminal (40th St. at 8th Ave., south wing) to Nyack (Broadway at Cedar Hill Ave.), arriving 4:30pm (leader meets bus in Nyack). 3-4 miles, 2-3 hours. As day fades to night, we'll walk along the Hudson under Hook Mtn. by light of the full moon (bring flashlight just in case). Last bus returning to NYC is at 10:08pm. Contact leader to confirm hike is still on (trail closure possible). Rain cancels.

**Saturday, November 30**

**AMC NY-NJ. Tuxedo, Harriman State Park, NY.** Leaders: Nancy and Art Tollefson, [tollefson@verizon.net](mailto:tollefson@verizon.net), 212-727-8961 (call before 9:30pm). Meet: Take 8:30am Short Line bus from Port Authority to Tuxedo, arriving 9:19. Tuxedo parking is just north of RR station; from Rt. 17 north, turn right on East Village Rd., first left into parking lot. 8 miles at fairly vigorous pace with hills and rocky trails. Help co-leader Art celebrate another birthday on favorite trails. Bad weather may cancel; contact leaders eve before if in doubt.

**SW. Walk Off the Turkey, NY.** Leader: Cy Adler and friends, email [adlercy@gmail.com](mailto:adlercy@gmail.com) for details. Meet: 10am at Staten Island Ferry Terminal, Manhattan. Annual post-thanksgiving walk from Battery to the Little Red Lighthouse, along the entire west side of Manhattan. 12 miles, 5 hours, later we'll be at the GW Bridge.



MARTY COSTELLO

This fantastic viewpoint will be newly accessible when the Long Path reroute in the Catskills opens, possibly this fall. (See page 7)

**Saturday, October 12**

**MH-ADK. Black Rock Forest Moderate Hike, Cornwall, NY.** Leader: Arlene, 845-246-2069. Meet: contact leader. Hike dirt roads and trails, see the reservoirs, and hike up Black Rock for a view of the Hudson River. Fall colors should just be starting. Rain cancels.

**UOC. Mt. Minsi, PA.** Leader: John Clyde, 732-208-2039, and Coleen Zdiarski, [cpt3769@aol.com](mailto:cpt3769@aol.com). Meet: contact leaders for details. Join us to hike to top of the PA side of the Delaware Water Gap for beautiful views on the Appalachian Trail. Continuous but moderate ascent.

**Sunday, October 13**

**IHC. Delaware River Overlook, NJ.** Leader: Chris Davis, [chrisdavis08558@yahoo.com](mailto:chrisdavis08558@yahoo.com), 973-590-7437. Meet: 9am at Washington Crossing State Park Visitor Center, 497 Washington Crossing Pennington Rd., Titusville, NJ. Moderately strenuous 8 miles. Walk in state park, then short road walk to Bald Pate Mtn. Preserve for views of Delaware River and Philadelphia. Bad weather cancels.

**Sunday, October 20**

**AFW. Conklin, Diamond & Halfway Mountains, Harriman State Park, NY.** Leader: Call 973-644-3592 or visit [www.adventuresforwomen.org](http://www.adventuresforwomen.org) for info and to register. Meet: 9:30am. Strenuous hike at moderate pace; out by 3pm.

**MH-ADK. Minnewaska Fall Foliage and Photography Hike.** Leaders: Kathy Skura, 914-779-0936, [kathyskura@gmail.com](mailto:kathyskura@gmail.com), and Sharron Crocker. Meet: 10:05am across the street from New Paltz, NY, bus station. Moderate 8 miles. Expert photographer will give pointers and discuss photo journaling; bring camera, no special equipment required.

**Sunday, October 27**

**IHC. Indian Rock, Ramapo Mountain State Forest, NJ.** Leaders: Al Di Cianni, [jadicianni@yahoo.com](mailto:jadicianni@yahoo.com), and Dennis Balance, [dbzinger1@hotmail.com](mailto:dbzinger1@hotmail.com). Meet: 9am at Back Beach Park, 1 Fourth Ave., Haskell, NJ. Moderately strenuous 7-8 miles. Hike in the west side of Ramapo Mountain State Forest, with climb to Ramapo Lake. Includes Wanaque Ridge Trail along western ridge of the Ramapos. Bad weather cancels.

**AFW. Stony Lake, Stokes State Forest, NJ.** Leader: Call 973-644-3592 or visit [www.adventuresforwomen.org](http://www.adventuresforwomen.org) for info and to register. Meet: 10am. Moderate hike; out by 3pm.

**NYNJTC. 75th Torrey Memorial Hike at Long Mountain, Harriman State Park, NY.** Meet: 11am in the parking area. This traditional gathering of hikers and hiking clubs is a moderately easy 2-mile in-and-out hike to the summit. For more info, visit [nynjtc.org/event/annual-torrey-memorial-hike2013](http://nynjtc.org/event/annual-torrey-memorial-hike2013)

**November**

**Sunday, November 3**

**NYR. Arden to Bear Mountain Inn, Harriman-Bear Mtn. State Park, NY.** Leader: Shizuko Okumura, [sokumura@verizon.net](mailto:sokumura@verizon.net), 718-997-6186. Meet: 8:15am at Port Authority Bus Terminal for 8:15 Short Line bus, one-way Arden. We'll take the Appalachian Trail from Arden to Long Path and Arden Valley Rd. Then to RD trail and SBM trail to the Inn.

Find many more hikes on our website: [nynjtc.org/content/scheduled-hikes](http://nynjtc.org/content/scheduled-hikes)



# Member Trail Tale

## Emmental the Bear

By B. Fingerhut/Tree Hugger; August 6, 2013

Years earlier I had chosen a modest cliff in Harriman State Park as the place to ask FlowerChild/Ronnie to marry me. We had now been hiking for over thirty years and had experienced most of the pleasures of the forest together, but we had never seen a bear.

We were at our engagement spot near The Long Path, and finishing a leisurely picnic lunch of salad and cheese. FlowerChild whispered, "What's that on the cliff?" I looked up to see a clump of dark fur about fifty feet away. "A raccoon?" I answered, realizing that it was unlikely during the day. We saw hemispherical furry ears and a sizeable snout sniffing the air. "It's a bear!" FlowerChild said.

I took my digital camera and began to photograph it. We love animals, and this was, after all, a bear! He started moving across the low cliff toward us. He ambled closer and closer. This was no coincidence – he had smelled our Emmental Swiss cheese and wanted a picnic lunch, too.

When he closed the distance I said to FlowerChild, "It's time for the bear routine we've read about." He was about 200 lbs. and stood fifteen feet away. I got to my feet, raising both arms over my head, and spoke confidently to the attractive fuzzy bear, "I'm a very

tall person!" He was thoroughly unimpressed. He looked off to each side as if he were thinking "Uh-huh... very tall person. Got it. Yup."

I turned to speak to FlowerChild, but she had already begun to collect our Thermarests and daypacks in her arms. I said softly, "We'll back down the hill slowly, the tree between us and the bear." When I saw that he wasn't aggressive at all, I began photographing him more. As we left, he went to our spot, investigating every inch of the ground there.

We were so excited that we named him Emmental, after our cheese. While he didn't get any, we hope we left a favorable impression upon him anyway.

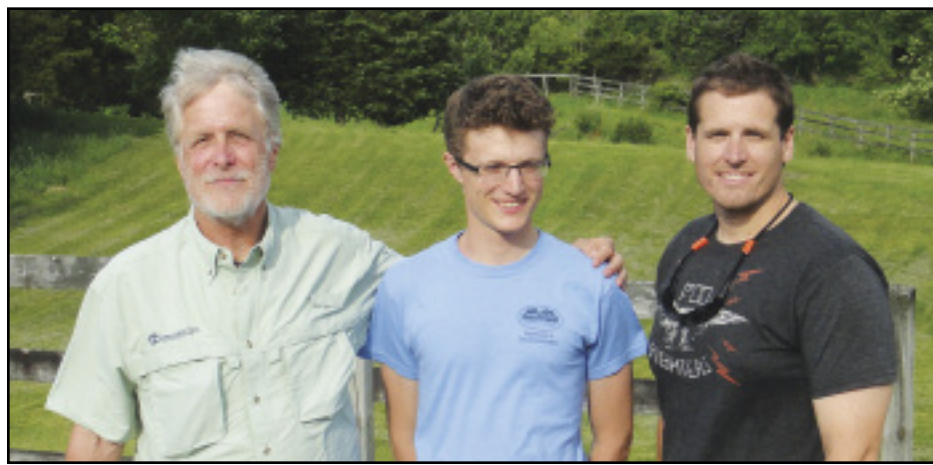
# Lost in the Woods

By Jerry Adams

The three hikers were late leaving Sunfish Pond on the Kittatinny Ridge for the hike out, did not see trail markers in the fading light, and lost their way. It got dark. They did not bring flashlights. Stuck in the woods, they thought about their options and had few. Jonathan called 911. It was 10pm.

Dispatch told them to sit tight and be patient; help would be coming soon. Dispatch called the nearest park ranger and then me, a New Jersey Appalachian Trail ridgerunner, call sign AT-3. This is my second season as a ridgerunner on the Trail, but my first late night emergency.

"We've got three hikers lost in the woods in Worthington State Forest and we need you to go find them," the dispatcher said. "It's a guy, his girlfriend and his mother. He said they were on the Dunnfield Creek Trail and had been hiking for a half hour from Sunfish Pond when they got lost.



2013 New Jersey AT Ridgerunners Jerry Adams (left), George Johnson, and Daniel Cramer.

Where are you?"

"I'm at Backpacker Campsite, an hour from them, maybe longer in the dark," I said. "I can go get them."

Using both hands to feel around the dark tent, I find my headlamp and glasses and then root through my pack for a pen and something to write on. I scribble names and telephone numbers for a park ranger and the lost hiker, take a few deep breaths, and focus on what to do next.

I call Ranger Shawn Viggiano. He's an hour away from Worthington and will have to get an ATV for the slow, steep drive up over three miles of rugged trail. We decide that I'll go find the hikers, bring them back to Sunfish Pond, and meet him there for transport. Shawn says he's bringing a bilingual ranger. Jonathan speaks English but his girlfriend and Mom are not fluent.

They are not hurt, just lost.

I call Jonathan, identify myself as a ridgerunner, and tell him I am leaving the campsite and will be there in an hour. The lost hikers can do nothing but sit in the dark and wait. The flashlight app on their smart phone is their only light, but they leave the phone off to save the battery.

The stars are growing brighter on a moonless August night, and the forest is making its night sounds. The breeze shakes the trees, and dead branches crash not far away. I do not see the bears, deer, snakes, and other woodland creatures in these forests, but I know they are out there, either settled in or wandering, poking around in the dark and making themselves at home.

I am comfortable in the woods, but the lost hikers are probably not, at least not right now. My job is to find them and lead them to safety. I'm going on a rescue! How

cool is that? Just don't screw it up.

I wake a nearby camper and tell him I need to borrow his headlamp to help three hikers who are lost without lights. He's not happy, but offers up his lamp. I promise to return it, and then head north.

I carry a daypack and two liters of water, an emergency radio, first aid kit, my phone, the extra headlamp, snacks, and my rain jacket. As I walk, I think about the trail I already covered once today, hiking up the Dunnfield Creek Trail to Sunfish Pond from the Delaware River.

OK, I thought, they left Sunfish. The trail goes uphill from there and then down. It is very rocky, with a long downhill of awkward footing that is a pain during the day and would be risky at night, especially for folks not used to hiking and rough terrain.

It's an easy place to roll an ankle, and that's the last thing we need tonight. The trail is also overgrown. It twists around boulders. Trail markers can be hard to spot because the green blazes sometime fade on trees or rocks.

Even with my headlamp I missed blazes on my way through the dark. Sometimes confused, I stopped and looked around, backtracking to find the last blaze and the next one ahead. There must be a safer way. Stumbling, I decide that I really don't want to bring these folks back up and over these rocks if I don't have to. But first, I need to find them.

The path begins to smooth as it drops to Dunnfield Creek. I cross, pausing to listen for voices in the woods and hoping the lost ones see my lamp and call out to me. Nothing. Silence.

I have been hiking for an hour and I know I should be getting close, when the phone rings. It's the ranger checking in. He's getting close and will have the all-terrain vehicle headed my way soon.

I tell him the rocks on the trail are perilous in the dark and I do not want to bring these three hikers back over them. We agree that I'll take them south to the Holly Springs Trail instead, then across to the AT, and back north to Backpacker Campsite. The rangers will bring their ATV as far as they can, then hike toward us along those trails until we meet somewhere in the middle.

Fifteen more minutes drag by and then I hear something, or think I do. I shout. Silence. I hike on, shout again. Looking around, I spot a light up a steep hill 50 yards away.

I call Jonathan's phone and he answers.

"Do you see me?"

"Yes. I see your light."

"Hang on. Everybody OK?"

"Yes."

"Let's get you guys out of here."

It is 11:30 pm, barely 90 minutes since Dispatch rang my phone.

Confused by how the hikers ended up

where they are, I backtrack and start working my way around the hill to find a way up to them, but soon decide it will be easier to get them to come down to me.

I call Jonathan again and tell him they need to slowly work their way down the side of the hill straight toward me and the light. It's steep but open and they can scoot down on their bottoms if need be and dig in their heels. Just go slow and be careful.

Five minutes pass as they edge carefully down the slope to join me in a small clearing. They are wide-eyed and nervous, but glad help has arrived.

It's midnight.

I make sure everyone is OK and give Jonathan the borrowed headlamp. I assure them we are not going back over the rocks to Sunfish Pond, and that the trail will get smoother and flatter as we go. I offer water, but they just want to get moving.

I explain that we first have to cross Dunnfield Creek to get back on the trail. I pick my way across the rocks and then light their way as they follow. The trail is sometimes elusive, but we are slow and careful and finally see a pair of lights dancing in the trees ahead. It's Shawn and Alejandro Santiago, who talks to the three hikers to make sure they are fine.

The trail is clear and we hike on, six of us now. It will take about 45 minutes to get back up the hill to the ATV and probably another hour for Shawn and Alex to get Jonathan, his Mom, and his girlfriend back to their car.

It is Monday morning. Jonathan says it will be 4:30 before he gets home and he has to work that day.

The three smile their thanks as we part company at Backpacker Campsite. Mom gets the passenger seat of the ATV and Jonathan and his girlfriend get in the back. They'll have to get out and walk where the terrain gets rough.

Back at camp, I drop the borrowed headlamp just outside the hiker's tent and return to my own tent to think through what's happened and to try to get some sleep. My stirrings have disturbed my neighbor, who comes over to complain that I woke him and to ask for his headlamp back.

I explain that I left the lamp next to his water bag, but he's cranky and asks, "How was I supposed to know that? This is the second time you woke me up tonight. I am a thru-hiker."

He stalks off. I do not reply, but his late-night bluster makes me laugh. "Yeah, you're a thru-hiker, but I am a ridgerunner," I think. "And I just got three lost hikers off the mountain."

*The AT Ridgerunner program in New Jersey began in 1992 when the Trail Conference, the Appalachian Trail Conference and the N.J. Dept. of Environmental Protection cosponsored two Ridgerunners to patrol the Trail together. Soon the need for a third Ridgerunner was apparent. Providing adequate coverage of the Trail and attending to the needs of the very busy Backpacker Site in Worthington State Forest requires the full time attention of three people during the June through August season. This successful program helped inspire creation of our new Breakneck Ridge Trail Stewards (see page 1).*

Map Reference:  
#120 Southern Kittatinny Trails



**Alice Ludington-Cantor**  
Member  
Mahwah, NJ

## The building made me do it

You know about the big problem today with distracted driving? Most people think about distractions from texting or emailing on the road, but it was the Darlington Schoolhouse that made me nearly drive off Rt. 202 the first time I saw it. What a neat building, I thought, as I wrestled my eyes back to the road for my left turn onto Darlington Avenue.

I moved to New Jersey from Ohio in 2002, so I didn't grow up with the Schoolhouse in my neighborhood. Because I now live in Mahwah, the Schoolhouse serves as a landmark for me as I travel back and forth to Ramapo Reservation, Ramapo College, and points beyond. I can even walk there from home.

When I retired and was looking for volunteer opportunities, I visited the New York-New Jersey Trail Conference's website to see what might be there. I was thrilled to find a place at the Trail Conference, writing grant reports for the Schoolhouse renovations.

What is it about the Schoolhouse that captured me and has the same effect on so many others? I think it's the unique two-story design of this historic building, which has endured in remarkable condition since 1891. The beautiful building inspires people and makes us want to preserve it. That's how I chose to contribute to my two communities: the Township of Mahwah and the hikers who will use the Schoolhouse as their new headquarters.

Give now to preserve beauty at  
[nynjtc.org/donatedarlington](http://nynjtc.org/donatedarlington)

## Plaintiffs Appeal Court Decision on Palisades Tower

In a lawsuit filed by two public interest groups and four individuals, Judge Alexander Carver of the New Jersey Superior Court in August upheld the grant of a variance to LG Electronics that would allow it to construct a 143-foot tower atop the Palisades, four times higher than the 35-foot height limit respected for decades by all other companies.

The variance, approved by the Borough of Englewood Cliffs in February 2012, authorizes construction of a building that would rise 80 feet above the tree line, destroying the unbroken natural sweep of the Palisades north of Fort Lee. Despite this, the court ruled that the Englewood Cliffs Board of Adjustment had not abused its authority in granting the variance that exempted the LG tower.

The public interest plaintiffs vowed to appeal.

For background and to keep up with this issue, visit our coalition website, [www.protectthepalisades.org](http://www.protectthepalisades.org)

# Trail Mix: Volunteers Improving Tra



SONA WASON

## Two More Bridges at Minnewaska Rebuilt

Two trail bridges on the High Peters Kill Trail at Minnewaska State Park Preserve, washed out by Hurricane Irene in 2011, were rebuilt in July by crews of volunteers working under the supervision of trails professional Eddie Walsh (Tahawus Trails) and our Minnewaska Trails Supervisor Dave Webber. The bridges take hikers over a split in the stream in an area northeast of Route 44/55. Volunteers included: Mike Garrison, Dave Webber, Joan James, Jim Gebhard, Lucy Walsh, Gene Maloney, the Wednesday Hikers of Mohonk Preserve, about 25 volunteers from I Love My Park Day, and Eddie Walsh, who donated many hours to the project.



## New Chair for Metro Region

Dawson Smith of New York, NY, is the new Trail Chair for our Metro Region. Dawson has performed hundreds of hours of trail work in New York City, Pennsylvania, and upstate New York, and brings varied trail and conservation experience to this important volunteer leadership position. Dawson has volunteered with the NY Audubon Society, helping to protect wetlands; is an advocate for the Highbridge Project in NYC, an effort to restore and enhance Highbridge Park at the northern tip of Manhattan; The Highline, a landscaped walking path created on a section of elevated rail line in Manhattan; and Friends of Big Pocono State Park, for which he created a website. He is a founding member of the New York City Mountain Bike Association.

Dawson says he is "proud to be the NYC Trails Chair and to work with the Trail Council to engage the volunteer and membership base in New York and explore opportunities to maintain and build new trails."



## Taming the Taurus (E)

Sometimes, the Mount Taurus positively through the course of it invasive and surges back in August, an ad... ers from all over convened at the Connor, East H Hudson Trail C again, and sim Maintenance t beautiful day.



## ISF Takes the Summit

Our fearless Invasives Strike Force trail crew volunteers have been busy attacking and removing mounds of thorny barberry bushes on Bear Mountain over the course of several work days. Now, instead of barberry bushes, one sees large swaths of native grasses and wildflowers such as milkweed which are appropriate to the sunny rocky crests at Perkins Tower on top of Bear Mountain.

In total, more than 100 volunteers removed invasive plants over nine work days during the last two years at Bear Mountain. Our volunteers removed several large patches of the highly invasive vine, black swallowwort, and treated some stands of Japanese angelica tree (learn about it on page 9) along the Appalachian Trail on the east side of the mountain. All of these species have become serious threats to the native habitats in our region.

In addition to working on Bear Mountain, our volunteers also removed invasives at Storm King State Park, High Tor State Park, Teatown Lake Reservation, and Westchester Wilderness Walk in New York, and Flat Rock Brook Nature Center, Ramapo Valley County Reservation, Norvin Green State Forest, Abram Hewitt State Forest, and Worthington State Forest in New Jersey.

Thanks to our volunteers, we are gaining a reputation as good stewards of the environment. We welcome everyone to join us in this highly rewarding work. To get added to the ISF crew mailing list, email Linda Rohleder (seen behind barberry debris above) at lrohleder@nynjtc.org.



## 231 People Move the Major Welch Trail; Work Progresses on AT

A major relocation of the increasingly popular Major Welch Trail on Bear Mountain, taking the trail off of a dangerously steep rocky incline, was completed in mid June thanks to the efforts of 231 individuals volunteering a total of 6,618 hours. A special thank-you goes out to the Jolly Rovers Trail Crew, West Hudson South Trail Crew, Boy Scout Troop 66, Buffalo State University Alternative Breaks, KPMG, Rockland County AmeriCorps, and Nature Place Day Camp, all of which brought out groups to work on the project and accomplished so much. From September 2012 to mid June 2013, volunteers worked alongside AmeriCorps interns and professional trail builders from Tahawus Trails to construct 969 linear feet of natural surface treadway, 229 stone steps, 293 square feet of stone crib wall, and 25 square feet of stone paving.

As we head into fall there are still opportunities to volunteer and get involved with the Bear Mountain Trails Project. We will be continuing work on the Upper East Face of the Appalachian Trail until the weather stops us (pictured above is volunteer Dave Cahn of Airmont, NY, on the project in July), and also on the restoration of the Welch Trail Education Center (formerly known as Harriman Group Camp LT-1), where we will be painting, replacing screens and windows, and doing other fix-ups and clean-ups. If you would like to get involved with trail building or fixing up the Welch Trail Education Center, contact Ama Koenigshof at 616-337-2481 or ama@nynjtc.org.



## Three Step Up as Trail Supervisors

**Richard Jobsky** of Paramus, NJ, our new Sterling Forest Trail Supervisor serendipitously encountered and photographed on the Sterling Lake Trail retired as a supervisory engineer with the General Services Administration on projects related to sustainability, energy conservation, and historic preservation. Rochelle, and two long-time members and Catskill trail volunteers, husband and wife, Cathie and Steve Swyka of Monroe, NY. For 20 years Cathie and Steve have maintained a trail on the Range Trail/Long Path from the junction of the Phoenicia-East Branch Trail to the Sterling Lake Trail to their roster.

We also welcome and thank **Andy Wong** as our new Trails Supervisor for **Brian Bacher**, who has taken on the job at Storm King State Park. Andy maintains the 1777 Trail, Short Cut Trail, and Stillman Trail at Black Rock.

## Sandy Cleanup, One Year Later

Will Hurricane Sandy trail cleanup ever end? We hikers owe trail volunteers no end of thanks for their ongoing work keeping our trails clear and safe for our passage. In July, a small contingent of members of the Highlands Warriors Trail Crew in our Central North Jersey region moved portions of the footbridge over the Green Brook back into place. This bridge, which is on a section of the Terrace Pond North Trail, is located adjacent to Warwick Turnpike in West Milford, NJ. Although this footbridge was well above the high water mark, the last tropical storm took out the ramp, and the hand rail was destroyed by a falling tree.

The water was cold and the rocks slippery but once again the Highland Warriors were up to the job and they did it well. Now all has been repaired. Our crew were: Jim Mott; Keith Scherer, Trail Supervisor; Nick McKernan; Glenn Oleksak, Highlands Trail Supervisors; and Bob Jonas, Trail

# Trails for the Public



## The Overgrowth at Mount Bull Hill

The start of the Cornish Trail at the base of Mount Bull Hill in Hudson Highlands State Park looks threatening. Though maintainers clip the corridor regularly, the greenery—much of it prickly multiflora rose—very quickly and seems to dare hikers to pass by. In a recent trail crew comprising trail maintainers and three employees of NYC Parks worked the site and, under the leadership of Geoff Hudson Trails Chair, and Fred Stern, East River Leader, set out to tame the path, yet simultaneously learn some Advanced Trail techniques and enjoy a good hike on a



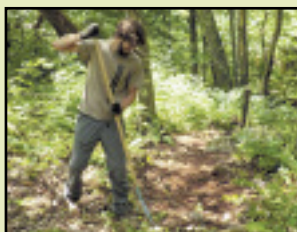
## A New Trail Takes Shape at Sterling Forest

The first leg of the new Doris Duke Trail at Sterling Forest is complete, thanks to many volunteers who have worked alongside our volunteer interns. When complete the trail will be a 4-mile loop, beginning at the trailhead on Benjamin Meadow Road in the northwestern section of the park, meeting and co-aligning with the Allis Trail/Highlands Trail. (The trail is shown on the 2013 edition of Sterling Forest Trails map #100). Most of the route is in an area designated as a Wildlife Sanctuary and is closed to hunting. The project will continue into the fall, with on-the-trail workshops and crew outings open to all. Visit the Trail U and Trail Crew calendars on our website.



## Coming Soon to the Catskills: One of the Very Best Trails

During three week-long backcountry service trips—one each in June, July, and August—Trail Conference volunteers cleared miles of new trail and improved trail tread and drainage in several locations for the Long Path in the Catskills. When completed, the new 9-mile trail section will create a roughly 25-mile wilderness route without any road crossings between Peekamoose Road in the south and Lane Street in the north. Along the way LP hikers will climb Peekamoose, Table, Slide, Cornell, Wittenberg, Cross, Pleasant, and Romer Mountains.



We hope to complete major construction on the new trail by late this fall, with some detail work to be finished after the trail opens. We fully expect this will be one of the very best trails—offering one of the very best new views (see p. 4)—in the Catskill Mountains. Long Path Co-chairs Andy Garrison and Jakob Franke have spent almost every weekend this summer and fall on the mountain. Volunteers from our Long Path, Long Distance Trails, Jolly Rovers, and Catskill crews have been our core trail builders, with other volunteers joining the fun. They have been doing a great job!

## New Trail Bridge Goes Up in Platte Clove, Catskills

Eighteen volunteers made quick work of building a new trail bridge over Platte Kill Creek in the Platte Clove Preserve on the last weekend of June. The volunteer crew completed a new 30-foot span that is an important link in the Long Path, the 350-mile trail that extends from the George Washington Bridge to Altamont near Albany. The bridge replaces one built in 2001 but recently found to be damaged.



The new bridge was designed and pre-assembled at home by volunteers Doug and Pete Senterman of Elka Park. Its parts were then moved to the site the day before final construction.

Thanks go to the following volunteers for making quick work of this new trail bridge: Doug Senterman, Pete Senterman, Laurie Rankin, Tom Rankin, Jonathan Mogelev, Samira Dere, Cal Johnson, Rob Almanza, George Prokopiak, Connie Scitutto, Jim Erickson, Maria Bedo, Karl Graf, Andrew Flach, Bryan Morrisey, Martin (last name unknown), Bruce Warden, and S. Gallina Simpson.

Material for the bridge was purchased with funds from the Trail Conference's Catskill Trails Program.



...ired and it's open to the public. Members ...na, Asst. Trail Supervisor; Adam Rosen- ...il Crew Leader.

## Moving the Furniture

By John B. Blenninger



The author with his trail tool kit.

Years before I signed on as the trailkeeper of a section of the Northeast Trail in the Mohonk Preserve, a chain-sawyer cut through a squared-off length of a big blow-down to clear the path and cut out a passage for hikers. But this heavy piece of timber let loose and rolled like a log down into the brook of the adjoining ravine.

I never liked that log—impeding the drainage, looking decidedly not natural and offensive to my esthetic sense. So on April 25, 2013, I decided to wrestle with that long and heavy log and shove it back up to where it belonged—up from the rivulet and over to its final resting place next to its fallen proximal tree.

But that log liked rolling down, put up a stiff fight, and smacked me right in the kisser—severely lacerating my upper lip.

I really didn't like that at all. Undaunted, I struggled up the embankment with this devil, yielding now, and I beat that beast—with a lot of blood dripping on the trail and on the log. In the end I laid out that eyesore to where it should have been enshrined so long ago.

Now the stream in the ravine is natural and pristine,

And flows gently and so peacefully in the springtime green.

There is calm and harmony now in the hollow, and the trail again now is a joy to follow.

It isn't always easy, but I'm still standing and "that leaves me the winner!"

*In addition to being a trailkeeper for Mohonk Preserve, John Blenninger maintains the Hill of Pines Trail, Split Rock Trail, and a section of the Highlands Trail at Black Rock Forest. Our Trails Supervisor for Black Rock Forest for 35 years (he stepped down in 2011), John has trained and mentored countless trail volunteers, always challenging them with the question, "Is your trail a joy to follow?"*



**We thank these retail partners for their extra support in selling Trail Conference memberships at their stores!**

**CAMPMOR**

Brooklyn Outfitters

Mountain Tops



ROGUE HOE



**Rick Levine**  
Life Member, Trail Conference  
Board member  
Upper Saddle River, NJ

*Our new building will shout, "We're more than a 10% discount!"*

When I first joined the Board, I was not expecting the scope of the Trail Conference and the exacting professionalism of its volunteers—the Board members and the trail construction/maintenance volunteers who produce amazing results.

My wakeup call was when I queried my hiking friends; not only did most of them have a very limited view of the Trail Conference and its mandate, but many did not go further than pointing out "you get a 10% Campmor discount with Trail Conference membership." (Early in my membership that tidbit of information was my full understanding as well!) It also became apparent to me (as my learning curve rose) that our future success will need constant adaptation to the environment and of our operations as a non-profit organization. In short, what I quickly learned is:

- the Trail Conference is involved in many more projects than I previously perceived;
- in order to operate efficiently, the Trail Conference needs at least double or triple the office flexi-space it currently has; we have problems accommodating most functions and meetings, not to mention our paid staff, in a place we can call "home" (and that's without our anticipated growth);
- expanding and clarifying the perception of the Trail Conference requires a visible "home" that volunteers deserve and the organization needs for future fundraising.

The Darlington Schoolhouse project is just the opportunity we need; it's not only a win-win situation for Mahwah (our partner in the venture) and the Trail Conference, but for our volunteers, environmentalists, architectural conservationists, historians, etc., etc. — the list is too long. AND, the location couldn't be better: at the gateway to a vast hiking range and in the bucolic setting between the Ramapo Reservation and Ramapo College.

Show your support for our volunteers. Make your gift now at [nynjtc.org/donatedarlington](http://nynjtc.org/donatedarlington)

## Hunting Seasons 2013

Hikers need to be aware of the 2013 hunting seasons in NY and NJ. For full contact details, visit <http://www.nynjtc.org/news/hunting-seasons-2013>

## Growing a Trail Intern Program

The Trail Conference has been exploring ways to involve more people—especially young people—in our work and enhance our overall volunteer training program. One promising avenue is through internships, in which selected individuals commit to volunteer for a specified time frame in exchange for training, mentorship by experienced staff and volunteers, and a small stipend.

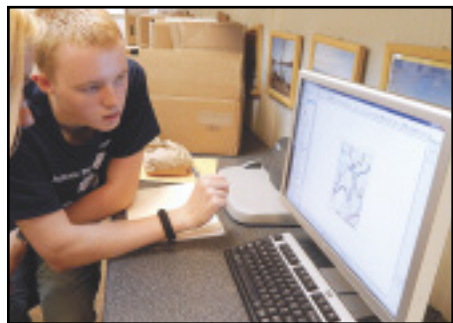
This year, we welcomed eight great interns who contributed their energy and enthusiasm to three projects: invasives monitoring and removal, and trail building at Bear Mountain and Sterling Forest. As this issue of *Trail Walker* goes to press, two of these young people have returned to school, six will continue through October. We hope to grow our internship program next year and welcome your support.

### Invasive Species Interns

Support for these interns came from a McHenry Award by the Open Space Institute, Ben Burton, and Orange and Rockland Utilities.



**Keith Shane** of Mahwah, NJ, is a student at Cornell University where he is now starting his sophomore year. Keith's internship with our invasives program was made possible by his selection as McHenry Award winner in the field of environmental conservation, a program of the Open Space Institute that recognizes young leaders of "exceptional vision." Keith first volunteered for the Trail Conference in 2010 when he was volunteer coordinator for MEVO (Mahwah Environmental Volunteer Organization), a student group. His project goal was to expand our efforts to control invasives in the Palisades Interstate Park Commission and Taconic State Park regions. The highlight, he says, was getting to "know the plants that are out there. It brings a whole new awareness to hiking."



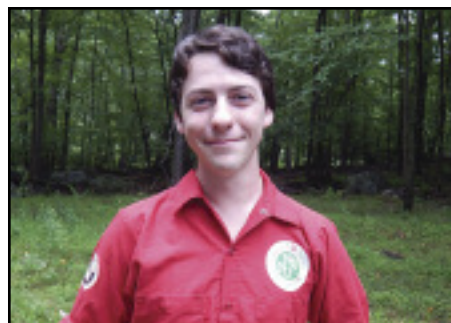
**Matt Whittle** of Oakland, NJ is a senior at Indian Hills High School; his interests include environmental science, robotics, and fencing. His mother is a Trail Conference member, and the internship with the invasives program offered, he says, "the chance to hike with a purpose." What has he learned? "There are so many invasive species in our area, and now I notice them even when I'm not looking. I've learned how quickly things can change. I have a better sense of direction as the result of driving around to various locations. And it's helped me get more organized." He says the experience has reinforced his interest in environmental science.

### Sterling Forest Interns

Supported by New York State Parks, Sterling Forest State Park, Student Conservation Association's AmeriCorps, and the Trail Conference.



**Jessica Mevec**, of Camillus, NY, is a new graduate of New York State College of Environmental Science and Forestry with a degree in natural resource management. Last summer, she interned at the Trailside Museum at Bear Mountain and helped to clear trails and work with volunteers. Her internship at Sterling Forest is her initiation into more rugged trail work. "The first week was a little scary," she confesses, "but I fell in love with it. I never realized that it was something I could do. Working on a new trail [Doris Duke Trail] that people will be using is very exciting." Her biggest challenge? "Figuring out my limits. How big a rock can I move with a rock bar?"



**Peter Dolan**, New York, NY, graduated in 2010 with a degree in biology from Bucknell University and brings a variety of training and skills relating to outdoor recreation and education. He has led college freshmen on backpacking trips on the Appalachian Trail; helped low-performing elementary-age students in California develop skills and confidence by teaching them outdoor survival skills and nature-focused topics; was trail staff for Wilderness Inquiry in Minneapolis, MN; and was a member of Coconino Rural Environment Corps in Flagstaff, AZ. Peter, the son of former Trail Conference Executive Director JoAnn Dolan and husband Paul, says his Sterling Forest internship is a "coming home."



**Erik Mickelson** grew up in Virginia Beach, VA, went to college in Tucson, AZ, and came to Sterling Forest from Ocean-side, CA. A plant science major, Erik worked 10 years in the golf business, managing courses in Colorado, California, and Arizona. He started doing "a lot" of trail work in 2004, the same time that he earned a master's degree in education. Trail work ultimately won, and Erik has had positions with a private trail design/building contractor in California; been a regular trail volunteer with the San Diego Mountain Bike Association (he was their Trail Volunteer of the Year in 2009); and volunteered as Calavera Hills Preserve Trail Captain, City of Carlsbad, CA. What's different about trail work in New York? "Here there are more rocks and more duff," he says with a smile. "More humidity and more bugs. Also more trees, which I love."

## Meet Our Trails Family

These clubs and organizations support the protection, maintenance, and growth of our trail network with their membership in the Trail Conference (recorded as of August 27, 2013). Thank you! Visit [nynjtc.org/content/member-clubs](http://nynjtc.org/content/member-clubs) to see updated member list with links to their websites.

Don't see your group here? Contact Membership manager Joanne Reinhardt to learn how your group can be part of our growing family of trail supporters: [jreinhardt@nynjtc.org](mailto:jreinhardt@nynjtc.org) or 201.512.9348, ext. 26.

- ADK Long Island
- ADK Mid-Hudson Chapter
- ADK Mohican Chapter
- ADK New York Chapter
- ADK North Jersey Ramapo Chapter
- Adventures for Women
- AMC Delaware Valley Chapter
- AMC Mohawk Hudson Chapter
- AMC Mohican Outdoor Center
- AMC New York North Jersey Chapter
- Bellvale School
- Black Rock Forest Consortium Inc.
- Boy Scout Troop 121-Hudson Valley Council
- Boy Scout Troop 50
- Boy Scout Troop 8, Brooklyn
- Boy Scouts of America-Northern NJ Council
- BSA Troop 258 Mahwah NJ
- Byram Township Environmental Commission
- Catskill 3500 Club
- Catskill Mountain Club
- Chinese Mountain Club of New York
- Church Communities Foundation
- Closter Nature Center Association
- East Coast Greenway Alliance
- East Hampton Trails Preservation Society
- Flat Rock Brook Nature Association
- Fox Hill School
- Friends of Garret Mountain
- Friends of Pelham Bay Park
- Friends of the Hackensack River Greenway in Teaneck
- Friends of the Old Croton Aqueduct, Inc.
- Friends of the Shawangunks
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- Hudson River Valley Greenway
- Hunterdon Hiking Club
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- Empire College Bound Counseling
- Little Stony Point Citizens Association
- Long Island Greenbelt Trail Conference
- Long Path North Hiking Club
- Mohonk Preserve
- Morris County Park Commission
- Mosaic Outdoor Mountain Club
- Musconetcong Mountain Conservancy
- Nassau Hiking and Outdoor Club
- New Haven Hiking Club
- New Jersey Search & Rescue Inc.
- New York Alpine Club
- New York City Audubon Society, Inc.
- New York Hiking Club
- New York Ramblers
- Outdoor Single Friends
- Palisades Nature Association
- Protect Our Wetlands, Water & Woods (POW)
- Protectors of Pine Oak Woods
- Quality Parks
- Rip Van Winkle Hikers
- Rock Lodge Club
- RPHC Volunteers
- Society for the Advancement of Judaism
- Salt Shakers Trail Running Club
- Shorewalkers Inc.
- Sierra Club Lower Hudson Group
- Sierra Club Mid-Hudson Group
- South Mountain Conservancy Inc.
- St. Benedicts Prep Backpacking Project
- Storm King Adventure Tours
- Sullivan County Audubon Society
- Sundance Outdoor Adventure Society
- SUNY Oneonta Outing Club
- Teatown Lake Reservation
- Tenafly Nature Center Association
- The Catskill Center for Conservation & Dev.
- The Highlands Natural Pool
- The Hiking Group for Singles and Friends
- The Nature Place Day Camp
- The Outdoor Club, Inc.
- Thendara Mountain Club
- Torne Valley Preservation Association
- Town of Hyde Park
- Town of Lewisboro
- Union County Hiking Club
- University Outing Club
- Urban Trail Conference, Inc.
- Valley Stream Hiking Club
- Wappingers Greenway Trail Committee
- Warren County Morris Canal Committee
- West Milford 13ers
- Westchester Trails Association
- Women About
- Wyanokie Wilderness Wanderers

### Bear Mountain Interns

Supported by Rockland County AmeriCorps, Bear Mountain State Park, NY State Parks, Palisades Interstate Park Commission, Appalachian Trail Conservancy, National Park Service, and the Trail Conference.



**Aaron Norwood** grew up in Texas, but arrived at Bear Mountain from New Orleans, LA. His education reflects his ongoing interests. He earned his bachelor of science in Natural Resource Management and Environmental Studies from Texas State University in 2000 and studied baking and pastry arts at Delgado Community College in 2009. Aaron has done ecological restoration at Golden Gate National Recreation Area in 2002; been an environmental educator at Mount Rainier National Park in 2003; and constructed buildings and propagated plants at North Cascades National Park in 2004. Most recently, he worked in a New Orleans restaurant. "I have a passion to be doing outdoor work in an environmentally good manner," he says. "I'm learning many new skills here. There's a definite learning curve."

**Kevin Simpson** hails from Asheville, NC and grew up hiking and backpacking. He graduated in 2004 from the University of North Carolina-Asheville with a major in sociology. He has taught English to young people in Korea and Taiwan, counseled and taught at an alternative camp for young people, and served as a teaching assistant in public schools. He is an active member of



the Carolina Mountain Club, Wild South, and the Carolina Mountain Land Conservancy. Kevin says he came to Bear Mountain looking to be trained in technical trail work and return to western North Carolina with a larger "tool bag." Back home, he says, "I would like to merge my work with young people and my interests in trails."



**Michael Miller**, Pleasant Hill, IL, has put his interest in the environment to work in a variety of ways. He has been a counselor at an ecology camp and assistant steward for The Nature Conservancy in Franklin Grove, IL; and is owner/operator of the Wildcat Big Boys Game Farm in Nebo, IL. Until accepting an internship at Bear Mountain, he worked as a corrections officer in Bowling Green, MO and as a substitute teacher. Michael has a master's degree in Environmental Biology and Natural Resources and Sustainable Development and says "I wanted to get back to my degree."



## What the devil is that?

Have you seen this tree on the trails? The Trail Conference's Invasives Strike Force is on the hunt for populations of Japanese angelica tree (*Aralia elata*), also known as devil's walking stick or Hercules' club. This invasive species is rapidly expanding in our area and volunteers from the Trail Conference's Invasives Strike Force are out to stop it.

Japanese angelica tree is a small- to medium-sized tree with prickly thorns all along its stem. The leaves are large with multiple leaflets and have a vertical thorn at junctions in the leaves—a very unusual characteristic.

This tree is native to Japan, Korea, and eastern Russia and was introduced into the United States in the early 1800s. Due to its similarity to a native southern species called devil's walking stick (*Aralia spinosa*), the spread of Japanese angelica tree in the northeast was at first thought to be simply a range expansion of the devil's walking stick. However, closer inspection of populations in New Jersey and New York by Brooklyn Botanical Garden botanists determined that it was in fact the non-native angelica tree. The range of the native devil's walking stick reaches only as far north as Delaware and Maryland.

The seeds are berries that are eaten and spread by birds, so Japanese angelica trees have been popping up on ridge tops and balds in otherwise uninvaded areas. The plant also reproduces by sending up



Aralia elata thorns at leaf junctions



Close-up of Aralia elata thorns on stem

sprouts from its roots and it grows rapidly. Left unchecked, large thickets will develop over time.

The Japanese angelica populations are quite extensive in Sterling Forest and Harriman State Park / Bear Mountain (Orange County, NY). Scattered populations have been reported from Ward Pound Ridge Reservation and Teatown Lake Reservation in Westchester County, various parks in Rockland County, and Storm King State Park (Orange County). In New Jersey there have been reports from the Palisades area in Bergen County, Norvin Green State Forest in Passaic County, several parks in Morris County, and various locations across central New Jersey.

### What to do if you find this plant?

Try to get a GPS location or at least get a good idea of where it is on a map (there are several apps that can be used on smart phones, including our own *PDF Maps* app for iPhone). Send me a report at [lrohleder@nynjtc.org](mailto:lrohleder@nynjtc.org); a photo is also helpful.

If you're a maintainer and you find this plant on your trail, *it's best not to cut it*. Cutting the plant results in a very strong regrowth response and many sprouts from the roots. Contact me to see if our Invasives Strike Force Trail Crew can be scheduled to take care of it.

—Linda Rohleder, PhD  
Invasives Strike Force Manager

## Trailside Nature

### Hickories

Four species of this tree are common in our area

By Edna Greig

When you travel the woodland trails of the northeast, you'll likely see one or more species of hickory (genus *Carya*). Hickories are medium to large deciduous trees with leaves that are about 6 to 14 inches long and divided into 5 to 9 leaflets. In May, male flowers are borne in 4 to 6 inch long catkins. Wind carries the copious pollen from male flowers to small female flowers (and also to our noses where it is a major aggravator of seasonal allergies). Hickory fruits are hard-shelled nuts enclosed in a 4-part woody husk that mature in late summer or autumn. Hickory leaves turn yellow in autumn. The trees are slow growing and have deep, strong taproots that can withstand strong winds.

There are about 15 species of hickory worldwide, and 11 are native to eastern North America. Four species are common in our area.

**Shagbark hickory** (*Carya ovata*) is easily recognized. Its distinctive, shaggy-looking trunk consists of long, loose plates of gray bark that curve outward at the top and bottom. It grows on both drier upland slopes and well-drained soils in lowlands. Semi-globular fruits, 1 to 2 inches long, have thick husks that split open upon maturity in September and October. The nut within has a thin, hard shell that surrounds an edible, sweet kernel.

**Mockernut hickory** (*Carya tomentosa*) is the most abundant and long-lived of the hickories, sometimes reaching 500 years old. Its range is a bit more southerly than that of the shagbark hickory, and it grows on drier ridges and hillsides. Its bark is tight and deeply furrowed. Oval fruits are 1 to 2 inches long with thin husks that mature

and split open in late summer. The small, sweet kernel is enclosed in a thick, incredibly hard shell that is difficult to crack open, hence the common name, "mockernut".

**Pignut hickory** (*Carya glabra*) grows in moist to dry soils. It has a dark, tight, fissured bark. Pear-shaped fruits are about 1 inch long and have a thin, glossy, brittle husk. The kernels are usually bitter.

**Bitternut hickory** (*Carya cordiformis*) grows in rich, moist lowlands and also on dry, gravelly uplands. The bark is tight with a network of fine, smooth ridges. Globular fruits, about 1 inch in diameter, have thin husks. Thin-shelled nuts have bitter, inedible kernels.

### Value to wildlife

Many species of animals and birds eat hickory nuts. Squirrels and chipmunks are especially fond of the sweet kernels of the shagbark and mockernut hickories, and their sharp teeth easily gnaw through the hard shells.

Little brown bats and endangered Indiana bats roost under the curving bark of living shagbark hickories, which provides better shelter than do alternative roosting sites under the loose bark of dead trees.

### Value to people

Native Americans valued shagbark hickory nuts as food. Ground nuts were boiled in



Ripe *Carya ovata* hickory nuts, ready to fall.



**Robert Ross**  
Life Member  
Franklin Lakes, NJ

*Cherishing the work for 50 years, wanting it to keep the pace*

I got involved with the Trail Conference in the 1960s and had the pleasure of a friendship with Bill Hoeflerlin, who created maps that were the predecessors to the Trail Conference's award-winning trail map enterprise.

I have always cherished the work of the Trail Conference because they create the trails I love. It has been a miracle to live in various locations across this vast metropolis and still be able to enjoy the solitude of open space where I can appreciate the beauty and diversity that nature has to offer.

It's easy to take for granted that access to open space will always be available, but without the Trail Conference, I know that the trail system would crumble into disrepair. Across the region, the Trail Conference provides a quality of life that millions have enjoyed decade after decade.

The need for well-trained volunteers has outstripped the Trail Conference's office space in Mahwah, NJ, which is far too small to accommodate a regular curriculum of volunteer training workshops. In fact, the current space is insufficient even for regular staff and office volunteers. That is why we are renovating the 1891 Darlington Schoolhouse in Mahwah into the new Trail Conference headquarters and state-of-the-art training center.

Vote for the future by making your gift now at [nynjtc.org/donatedarlington](http://nynjtc.org/donatedarlington)

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## Board Treasurer Set to Finish Coast-to-Coast Walk

Just before Trail Conference treasurer Jim Gregoire headed out for the next stage of his cross-country walk, he talked to Trail Walker about the importance of one's legacy.



**TW:** How did you decide to do a cross-country walk?

**Gregoire:** I section-hiked the AT over many years, completing that goal in 2005. Looking for a similar but somewhat different challenge, I thought of walking across the country. My role models are Peter Jenkins, Andrew Skurka, and Nimblewill Nomad. The last two are well known long-distance hikers who have blogged their adventures.

**TW:** What has kept you motivated?

**Gregoire:** As I got further along in my trip, I developed a real love for seeing new parts of the country and meeting so many gracious, generous people along the way. Each day on the road is an adventure, full of unknowns that affect my journey. I have not encountered any problems with people or animals along the way except for a few close calls—like an up-close encounter with a grizzly in Glacier National Park and nearly stepping on roadside rattlesnakes.

**TW:** Why do you support the Trail Conference?

**Gregoire:** Back about 20 years ago, I joined the Trail Conference and became a trail maintainer; later a supervisor of the NJ AT. For the last four years, I have been the Trail Conference's treasurer. I support the Trail Conference with my time and financial resources, because it makes the great outdoors accessible to millions of people without charge. What a great mission!

**TW:** What is the significance of providing for the Trail Conference with a bequest?

**Gregoire:** I want to provide long-term financial support to a small number of nonprofit organizations whose missions reflect my own values. While I can do that while I'm still here, I wish to provide sustainable support for the long-term. This great organization is now over 90 years old. I hope my bequest will help it thrive for the next 90 years.

**TW:** What steps did you take to set aside part of your estate for the Trail Conference?

**Gregoire:** My wife and I have set-up a trust containing our investments and other assets upon our passing. That trust will be divided up among a small number of beneficiaries, including the Trail Conference.

**TW:** Thank you for taking the time to talk with *Trail Walker*. Supporters like you represent the future of the Trail Conference and the promise that we will be successful for years to come. We wish you the best on this next leg of your cross-country trip. Where will you be going?

**Gregoire:** My next, and final, segment will be about 350 miles, starting on the Columbia River in Pasco, WA and finishing at Cape Disappointment where that river meets the Pacific. This is where Lewis and Clark spent the winter before returning to St. Louis in 1806. On the weekend of October 4-6, the 4,200-mile hike will conclude with a big celebration of family, friends, and college classmates.

*All of us at the Trail Conference wish Jim Gregoire happy trails and many more miles. You can follow in Jim's footsteps by making your own planned gift to the Trail Conference. To make a bequest, consult with your attorney to add the appropriate language to your will, codicil, or trust amendment.*

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## Hike the Shawangunk Ridge with Free Maps Updated in 2013

Just in time for the fall hiking season, all-new maps of the Shawangunk Ridge Trail are now available for free! The maps cover the Shawangunk Ridge Trail from its southern terminus in High Point State Park all the way through Sam's Point Preserve in the northern Shawangunks.

Since the first edition of these maps in 2008, a number of major trail changes and land acquisitions have occurred along the Shawangunk Ridge. This second edition now correctly shows the recently relocated Long Path, which utilizes a 435-acre ridgetop parcel (purchased in part by the Trail Conference last year) to join the Shawangunk Ridge Trail further south than previously.

Extensions to trails in the Huckleberry Ridge State Forest are now shown, and portions of the D&H Canal Path through Orange and Sullivan counties that have recently been made passable are included. Much of the Shawangunk Ridge Trail and



Sam's Point

surrounding trails have been re-GPSED to improve accuracy. Additional road labels make it easier to get to the trails, and overall enhancements to map styling have improved the readability of the maps.

The maps include green parklands, parking areas, viewpoints, fire towers, train stations and other points of interest. They are available for free on our website as 8.5"x11" PDFs that can easily be downloaded and printed. The maps can be found on the 'Free Trail Maps' section of our website: [nynjtc.org/view/maps](http://nynjtc.org/view/maps).

## Combat Vets "Walk Off the War" on the AT



A color guard welcomed the hikers to Pawling.

Seven "Warrior Hikers" thru-hiking the Appalachian Trail from south to north, stopped at Native Plant Nursery & Landscaping in eastern Dutchess County July 22 to be greeted and celebrated by 100 residents, officials, and Trail Conference representatives. Local veterans, Boy and Girl Scouts, officials, Trail volunteers, and community supporters lined the Trail and applauded the thru-hikers as they passed by a Color Guard welcome near the Trail's Metro-North station along Route 22.

The event was the first hosted by the newly designated Harlem Valley Appalachian Trail Community of Dover and Pawling townships, and demonstrated the community's enthusiastic support of the Appalachian Trail.



Hank Osborn spoke for the Trail Conference.

The hikers are veterans of the wars in Iraq and Afghanistan "walking off the war" for up to six months along the 2,180 mile Appalachian Trail from Georgia to Maine. They are following in the steps of the Trail's very first thru-hiker, Earl Shaffer, a World War II veteran who in 1948 hiked the trail end to end to work out the sights, sounds, and losses he experienced during the war.

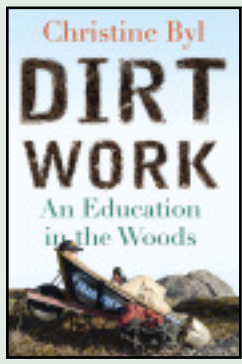
Warrior Hike is a nonprofit that supports veterans who walk the Appalachian Trail as a way to transition back to civilian life from active duty service. Participants must have served in a combat zone and been honorably discharged, said Warrior Hike program founder Sean Gobin, a Marine Corp. veteran.

Among those greeting the hikers was Hank Osborn, our East Hudson program coordinator, whose responsibilities include supporting our AT volunteers in Dutchess County.



Book Reviews

**Dirt Work**  
An Education in the Woods  
By Christine Byl



Beacon Press, 2013  
Reviewed by Georgette Weir

Christine Byl, a professional trail builder and writer who lives in Alaska, in a house with WiFi but no plumbing, got her trails education in what some might consider to be the “Ivy League” of trail campuses: Glacier and Denali National Parks. A season in Alaska’s Chugach National Forest in drenched Cordova was a third campus.

*Dirt Work* is Byl’s literary construction—she resists the words *memoir*, *how-to manual*, *wilderness treatise*, *polemic*—of how, arriving for her first work season with “new Carharts and soft hands,” she came to embrace the tools, places, people, and raw physical labor of trail work in wild places and how she “came to be at home there.”

Byl gives us a gritty, often ribald, but at the same time lyrical glimpse into the life of seasonal trail professionals. The book’s six chapters are organized by place (North Fork: River in Glacier; Middle Fork: Forest in Glacier). A specific tool is presented as an emblem for each place (axe in the North Fork; chainsaw in the Middle Fork). Chapters comprise journal-like entries as short as a few lines or as long as several pages about tools, work, people, nature, and Byl’s evolving relationships with all of them. A short dissertation on work gloves followed by six lines of useful info on “toilet paper plants” followed by musings on forest fires. It works.

Some of us at the Trail Conference may bristle when Byl, in one section, talks about trail volunteers as “hobbyists.” But Byl knows and loves trails with a hands-on intimacy and passion that is authentic and authoritative. She has earned her viewpoints.

A *Publishers Weekly* review (quoted on the book jacket) is apt: “Byl turns the words of work into found poetry...a beautiful memoir of muscle and metal.” I would add “nature and community.”

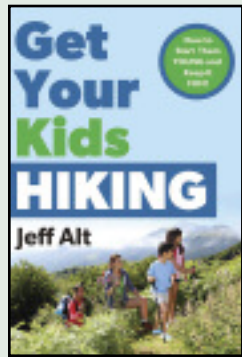
If, like the author, you love trails and words, *Dirt Work* is a good read that brings your two loves together. I recommend it.

From *Dirt Work*

[T]hough I covet good health insurance and being laid off is stressful, impermanence is the fickle siren that draws me—many of us—to this career. I love working as hard as I can for a time, and then being cut loose, free not from work itself—other tasks and habits beckon—but free from the burden of being completely defined by a job. My career thus far has been as a seasonal worker, and I’m proud of my membership in that group. Traildogs are shape-shifters, opportunists, freelance experts. Our work’s parameters are weather, budget, season. Temperature, health, light. Now here, now gone. (p. 86)

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**Get Your Kids Hiking**  
How to Start Them Young and Keep It Fun  
By Jeff Alt



Beaufort Books, 2013  
Reviewed by Robert C. Ross

Jeff Alt’s *A Walk for Sunshine*, an account of his hike for charity along the Appalachian Trail, has been critically acclaimed by both readers and professionals, winning a number of awards. This book will not enjoy the same critical acclaim even though its message is extremely important: our kids need to get more physical exercise, for both physical and mental health.

That is a very tough message to get across in an effective way. Alt has put together a very workmanlike approach for parents—and perhaps more importantly—grandparents. He provides very useful checklists of items to take (and not take) on a hike, whether just for the day or when camping out over night.

Now as a codger hoping to entice younger kids into the joys of the trail, I found this a very useful collection of ideas—nothing really new, perhaps, but still a treasure house of alternatives that might just turn the trick.

A key point he raises is different ages require different approaches. Birth to six months, six to 36 months; three to four years; five to 12 years; and 13 to 18 years: each age range, he argues will require different equipment and different motivations. All of it rings very true to me—we started hiking with our kids when they were just babies, and found many of Alt’s suggestions by ourselves.

The biggest criticism of the book I’ve read is by experienced hikers who didn’t find anything new here. That may be your experience too. But, an experienced hiker can still make a gift of this excellent guide to young parents who may have less experience or less confidence in being able to handle the challenges of the trail with kids.

**Called Again**  
A Story of Love and Triumph  
By Jennifer Pharr Davis



Beaufort Books, 2013  
Reviewed by Howard E. Friedman

In 2011, Jennifer Pharr Davis hiked 47 miles a day for 46 days to complete the 2,180-mile Appalachian Trail in record-setting time, beating the previous fastest trail record, set by trail runner Andrew Thompson in 2005, by 26 hours. Pharr Davis put in 18-20 hour days to achieve her record. *Called Again* is her account of this, her third thru-hike of The Trail. She first thru-hiked the AT in 2005. In 2008, she set the record for the fastest AT thru-hike by a woman.

Pharr Davis’s trail record is what is understood to be the FKT, fastest known time, and is recognized among the community of ultra long distance trail runners and hikers.

The book begins with brief accounts of the author’s earlier AT thru hike and a thru hike of the 272-mile Long Path in Vermont in under eight days. The writing is straightforward but moves along, with notable descriptions of fording the Kennebec River in Maine, arriving at the summit of Mt. Washington at nightfall, and sightings of black bears and rattlesnakes. The book is illustrated by simple black-and-white drawings.

Unusual for a hiking memoir, the author does not identify one piece of hiking gear by name or describe her tent or backpack. Leaving out that detail focuses the reader’s attention solely on her effort, which was Herculean. Pharr Davis was fully supported on the trail—she did not have to carry her gear and carried only the food and water needed for the time she was hiking. Her husband, Brew Davis, headed up her crew of friends and fellow hikers. Their interactions, including her deepening relationship with her husband, provide much of the color in this story.

**Susan Barbuto**  
Life Member  
Franklin Lakes, NJ

*Seize the moment for our children*

My family and I have decided to make the renovation of the Darlington Schoolhouse a priority in our philanthropy because it is a one-time opportunity to preserve a historic treasure that will serve our community for years to come. As a lifelong environmentalist and outdoor enthusiast, I believe that we need to seize this moment for our children and future generations. In one of my favorite books, *Last Child in The Woods*, author Richard Louv states that strengthening the “bond between our young and nature is in our self-interest, ...because our mental, physical, and spiritual health depend upon it.”

The Trail Conference, with its mission to “connect people to nature,” is an important community resource in this effort. The Trail Conference gives back to our communities far more than it requires to operate. By training hundreds of volunteers to maintain our trails, it sustains access to our public lands and allows people of all ages and abilities to enjoy the exercise, beauty, and tranquility of the natural world.

The renovated Darlington Schoolhouse will serve as a training site, hikers’ information and gathering spot, and a community meeting place, as well as provide Trail Conference offices. The work that will go on there will enable residents in our densely populated area to get outdoors, hike, and appreciate the nature that surrounds us.

**Seize this moment to make your gift at**  
[nynjtc.org/donatedarlington](http://nynjtc.org/donatedarlington)

**Updated Map of Sterling Forest!**

The 6th edition of the Sterling Forest Trails map is now available. This map includes more than 170 miles of marked trails, including all marked trails in Sterling Forest State Park and additional trails in adjoining sections of Harriman State Park and parklands in New Jersey. Sections of the Appalachian Trail and Highlands Trail are included. This revised edition contains new trails, including the Warbler Trail, the Doris Duke Trail, and an extension of the West Valley Trail, along with trail relocations such as a section of the McKeags Meadow Trail. The coverage area of the map has been adjusted to include the northeastern section of Sterling Forest where the Sapphire Trail connects to the Harriman train station. In addition, more accurate parking symbols have been placed throughout the map, and other updates and enhancements have been made to make the map more accurate and easy to use.

The map includes UTM gridlines, green overprint for public access lands, parking areas, viewpoints and other points of interest. As always, the map is printed in vibrant color on waterproof, tear-resistant Tyvek.

At only \$7.95 (\$5.96 for Trail Conference



Sterling Lake from the Sterling Lake Loop park contact information, and much more!

Special thanks to volunteer project manager, John Mack.

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

# Featured Hike



## Trails at Manitou Point Preserve Remain Open



Looking north on the Hudson River from the Shore Path at Manitou Point Preserve.

A "For Sale" sign had graced the entry to Mystery Point Road in Philipstown, NY for some time. The historic 129-acre property was purchased for protection in 1990 by the Open Space Institute (OSI) and Scenic Hudson.

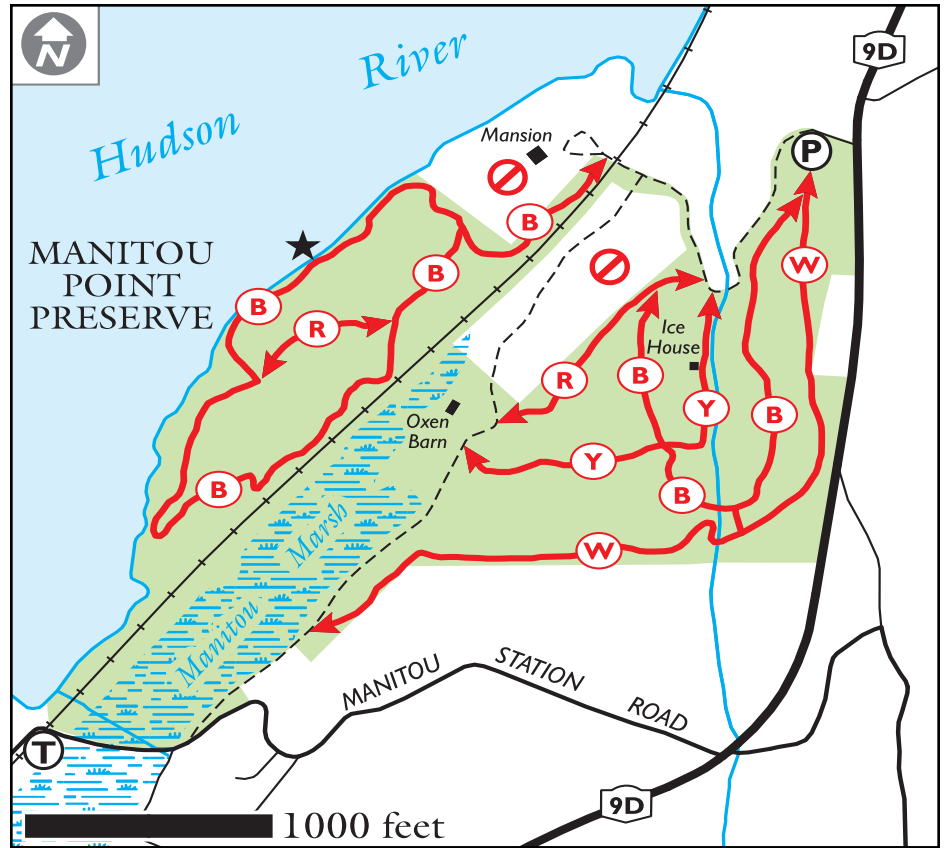
After acquiring the parcel, OSI and Scenic Hudson worked on an adaptive re-use plan for the surrounding property to provide the greatest public benefit. Outward Bound, a not-for profit outdoor educational organization, leased the property for almost 20 years as its national headquarters. Their sign on Route 9D became a landmark for hikers to find what came to be known as Manitou Point Preserve. Trail Conference volunteers built and maintained a 4-mile trail network at the preserve; one of these trails runs along the shore of the Hudson River and offers spectacular views.

In June of this year, OSI and Scenic Hudson announced the sale of the site to Jon Stryker of Kalamazoo, MI. He is an architect and a leading philanthropist in social justice and animal conservation. The sale includes a conservation easement that ensures permanent conservation of the land and public access to all but a 21-acre residential area. Hudson Highlands Land Trust will hold the easement.

The parcel's parking area on Mystery Point Road and extensive network of public trails, including on-foot access to the Hudson River, will continue to be managed by the Open Space Institute, and the Trail Conference will continue to maintain the trails. In July, volunteers from our East Hudson crews laid out and cleared a new trail, blazed blue, to close a gap created by the need to circumvent the residential area. In addition, a trail section marked on our 2012 East Hudson Map 101 as red, has been changed to blue to create a single blue loop with a red connector trail west of the rail line (see map). The Jolly Rovers volunteer trail crew was scheduled to build two short rock stairs on a ridge near the river. The trail hardening will help prevent erosion.

We're thrilled that this sweet little preserve, accessible by car and by Metro-North Hudson Line train, has been conserved and remains open for public use and we thank and congratulate all who made it happen.

To find detailed directions for a 4-mile hike on trails here (including car and train directions), go to Find a Hike on our website and search for Manitou Point Preserve.



## Hikers' Marketplace



Go Places with Trail Maps and Books from the Trail Conference.



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Visit [www.nynjtc.org/panel/goshopping!](http://www.nynjtc.org/panel/goshopping!) Or call 201-512-9348

## Support Trails, Parks and Open Space in the New York-New Jersey region by joining the New York-New Jersey Trail Conference.

# NY-NJ Trail Conference BENEFITS

The Trail Conference maintains more than 2,000 miles of trails, advocates for parks, protects open space, and provides volunteer service opportunities in the great outdoors.

Your membership supports the trails you love and gives you these additional benefits: Go to [nynjtc.org/membership](http://nynjtc.org/membership)

**25% Discount** on Trail Conference maps, books, and other products. Visit [nynjtc.org/panel/goshopping](http://nynjtc.org/panel/goshopping)

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**Access** to a wide range of volunteer opportunities on-trail and off-trail. Visit [nynjtc.org/volunteer](http://nynjtc.org/volunteer)

Find links to all these and more at [nynjtc.org](http://nynjtc.org).

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