



## 10 Great Trail Projects!

Our crews have been out building and improving trails for you.

READ MORE ON PAGES 6-7 ▶



## This Invasive Could Blind You

And it's in our area. Learn how to recognize giant hogweed.

READ MORE ON PAGE 9 ▶



# TRAIL WALKER

Fall 2014

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

www.nynjtc.org

## Kaaterskill Falls Deserves Safe Access

Two deaths this season, both the result of falls from water-slicked rocks. Unsafe trailhead access, with pedestrians and vehicles competing for pavement on a winding, narrow road. Social paths on the mountainside that result in widespread erosion, degrading both the mountain and the experience for hikers.

These are just some of the problems that afflict the popular Kaaterskill Falls, an iconic natural feature of the Catskill Park and the Hudson River School of art. This summer, the Trail Conference joined New York State Senator Cecilia Tkaczyk, local officials, and representatives of the Dept. of Environmental Conservation (DEC) to begin a search for solutions that will enhance visitors' experience and safeguard this treasured natural asset.

Improvements are needed for hikers both along the road and on the trails to promote safety.

We began with a site visit on a busy July Sunday, and experienced first-hand the perils of the road walk. At the base of the falls we watched many people hike beyond the end-of-trail sign, some slipping and falling on the eroded slope. We saw people swimming in the tiers of pools, where the rocks are very slippery and a fall would cause very bad injuries if not death.

### Trail Conference Recommendations for Protecting Kaaterskill Falls and the Public

The Trail Conference is recommending a comprehensive and collaborative approach to managing public access at Kaaterskill Falls, with the goals being to increase safety and access while protecting and improving this unique and popular natural resource in the Catskill Park.

Solutions will require the cooperation of the Town of Hunter, the DEC, Dept. of Transportation, nearby landowners, non-profit organizations like the Trail Conference, and local businesses. The Trail Conference supports:

- The creation of a weekend shuttle service to reduce parking pressure in the clove;
- Improvements to pedestrian safety along Route 23A;
- Improvements to the current Kaaterskill Falls Trail and the development of a new trail that connects the existing Escarpment Trail and the Kaaterskill Falls Trail in a safe and efficient manner;
- The completion of the Kaaterskill Rail Trail (KRT) at the top of the falls with the construction of a bridge over Lake Creek, which would provide a safe crossing for visitors above Kaaterskill Falls and facilitate hiker traffic along the KRT, the Escarpment Trail, and any future Escarpment/Kaaterskill Falls Trails connections;
- The deployment by the Trail Conference and the Catskill Conservation Corps of a combination of paid and volunteer trail and resource stewards in the area to educate visitors, help protect natural resources, and help to ensure the safety of hikers and visitors. Paid stewards require identifying funding sources.
- Giving the DEC more resources to increase public education and patrols in the area by forest rangers, assistant forest rangers, and Student Conservation Corps backcountry stewards.



JEFF SENTERMAN

The view from the current end of the Kaaterskill Falls Trail.

The Trail Conference does not support the development of a new trail that would bring visitors to the upper level of Kaaterskill Falls, nor does it support the development of a short, steep connector trail between the top of the falls and the end of the existing Kaaterskill Falls Trail.

—Jeff Senterman, senior program coordinator

## PEOPLE FOR TRAILS



Daniel Yu  
Staten Island, NY

**Komodo Dragon:** Daniel's bestowed nickname at the Bear Mountain project.

**Why?** Daniel approaches the art of building cribwall much as a Komodo Dragon approaches its prey: patiently, tenaciously, powerfully, and skillfully.

**Plumber of the Internet:** Daniel's nickname for himself in his professional, weekday life.

**Why?** "I upgrade the infrastructure and make it work faster; I handle the stuff you don't see to make all the possibilities of iPhones and computers seem seamless." Ironically, Daniel does not own much hi-tech gear himself.

**It was while hiking—he started just last year—that Daniel learned of the Trail Conference on some trail markers. He attended an Intro to Bear Mountain Trails Project hike in March and has been hooked on the project, coming out every weekend, ever since. "I was interested in making a wild place accessible. Every day you learn something new, either on your own or by how others are doing it."**

**Goals:** To stand atop the high point of every state and on every tri-corner (where three states meet) in the USA. "I hiked Mt. Marcy and realized I'd done four state high points and figured there are only 46 more to go."

**Something not known about him:** He points to a large scar on top of his head from an accident as a youth. "It's a big reminder to be careful out there, but, you will survive."

**Favorite attribute of self:** "My curiosity. It drives everything else. Do something new every day." We at Bear Mountain love that about you too, Daniel.

Learn about the Bear Mountain Trails Project at [nynjtc.org/bearmntntrails](http://nynjtc.org/bearmntntrails)

Interview by Caitlyn Ball, AmeriCorps member of the Bear Mountain Crew



## Mugged by a Bear

By Jerry Adams, Appalachian Trail Ridge Runner in New Jersey

The ground trembled, but it was the huffing and snorting outside that woke me in the dead of night.

Looking through the screen of my tent, I saw the large black bear lurking about 10 feet away and staring back at me. I strug-

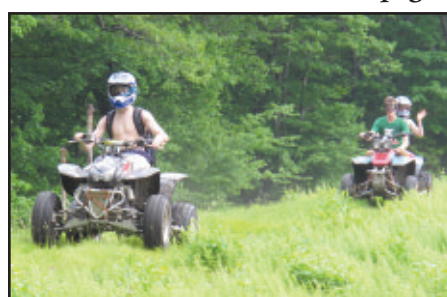
gled to get my brain around what I was seeing while working to shove the sleep away and awaken my senses. It huffed again, and it seemed that bubbles blew from its nose.

continued on page 8

## Protect Your Trails: Report ATV Activity

"We made a trail for you," hollered the ATV rider from his mount. He and two companions had bull-dozed their four-wheelers up a steep slope, through dense blueberries nearly to a viewpoint in the Fishkill Ridge Conservation Area (owned and managed by Scenic Hudson) in Dutchess County. They had, in fact, been following a Trail Conference maintained footpath up from an area riddled with old woods roads and off-road vehicle paths (East Hudson Trails Map #102). In the conservation area, as in the neighboring Hudson Highlands State Park, the use of off-road vehicles is illegal. Hiking solo, I held my tongue, turned my back on the trio, and continued, a bit uneasily, on my way.

continued on page 2



ATVs in Harriman State Park.

SUSAN STERNIGOLD

# TRAIL WALKER

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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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## New Jersey Voters: New Legislature Could Affect Your Parks

On November 4, you will have the opportunity to vote on Question 2, a measure that, if approved, would dedicate a percentage of existing corporate business tax revenues on a long-term basis to ensure reliable funding for land and water protection



### In Harriman State Park

The 1779 Trail bridge over the outlet of Turkey Hill Lake and the bridge on the Red Cross Trail are restored thanks to the work of Trail Conference volunteers. Contributions from AMC helped with the Red Cross bridge project.

Still out (as of September 9, 2014): **Hillburn-Torne-Sebago Trail bridge over Pine Meadow Brook** (just above Cascade of Slid): The bridge, washed away by Hurricane Irene, had not yet been replaced and attempting to cross the stream, at least when water is high, is inadvisable due to the swift current and proximity to the cascade. The Trail Conference is coordinating with the park to replace this bridge; completion date is TBD.

**Kakiat Trail Bridge over Stony Brook:** This bridge was destroyed during Hurricane Irene and has not yet been replaced. Crossing the stream without a bridge is very difficult (even under low water conditions) and is not advised. The park seeks to relocate this crossing to a more suitable location, with a shorter span and higher banks to reduce the likelihood of future washouts, but it has not yet identified such a location.

A 0.5-mile relocation of the **Appalachian Trail on West Mountain** is expected to be completed and open later this fall.

The **Bare Rock Shelter** is reopened after repairs made by park staff.

### Catskill Park

In May, the DEC and regional nonprofits celebrated the acquisition of a 590-acre collection of parcels that puts the 3600-foot **Balsam Mountain** wholly in the Forest Preserve.

**New Palmer Hill Trail opens in Andes, Delaware County.** The trail opened in June and is a collaboration between the Catskill Mountain Club and the New York City Dept. of Environmental Protection (DEP). After a brief ceremony featuring

efforts. The Trail Conference has supported dedicated funding for Green Acres through the New Jersey Keep It Green coalition; as of the deadline for this issue of *Trail Walker*, we were reviewing the final measure adopted by the legislature to ensure that its passage would maintain already established funding for our parks. Please watch your email and our website for more about this issue in the weeks ahead.

remarks by Andes Town Supervisor Marty Donnelly, NYC DEP Recreation and Property Manager Charlie Laing, and CMC President Rick Roberts, attendees headed off for a hike. The Palmer Hill Trail consists of three segments that can be hiked in four distinct combinations, allowing hikers the options of short and easy hikes or moderately strenuous and longer hikes. Each takes you through beautiful wildflower meadows that offer wide open views of the surrounding mountains and hills and of the bucolic scenery that Delaware County epitomizes. Along the way are old foundations, a lovely stream and age old trees. In season, there will be blackberries and apples galore for the hungry hiker. And in winter the cross country skiing will be a dream come true.



### Stokes State Forest

**Tillman Ravine** is reopened after our West Jersey Crew removed blowdowns and restored two bridges. While additional trail work may be needed (as of mid August), the trails are passable.

### Fahnestock State Park

A number of hurricane-created problems on **School Mountain Road** linger, including several damaged or unsafe bridges and severe erosion in some locations. Some stream crossings may be difficult. Park managers have begun a planning process to determine what should be done with the trail; the schedule for major trail work will be determined by the outcome.

*continued on page 10*

## Feedback

### Re Casinos

Thanks for taking up this fight. I was a child hiking through those areas for over six years growing up in Warwick. I live in Georgia now, and still hike up there from time to time, and when I first read about this a few of months ago I had to express my concerns to you all and other groups too, so thank you for taking up this fight. If I can do anything from down here please let me know, seriously. I would love to be in Albany for these meetings! Please keep me in the loop on the progress.

—Bruce Murrie  
Hampton, Georgia

I think [casinos] will [be] fantastic bringing jobs and development to areas surrounding our parklands. It will expose more people to our parks and make them more popular. Remember it is a state park not a club sanctuary.

—Brian Levy

### 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.



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[nynjtc.org/event/2014-members-and-friends-annual-fall-meeting](http://nynjtc.org/event/2014-members-and-friends-annual-fall-meeting)

## REPORT ATV ACTIVITY

*continued from page 1*

Susan Sterngold also wisely opted against confrontation during one of her encounters with ATVs in Harriman State Park. "I was having a lovely walk in the Ladtown area with my dogs, just enjoying the woods and daydreaming, when I heard a rumbling in the background that soon became a ROAR," she recalls. "Luckily the drivers were polite and slowed down, enough for me to take their picture. I waved and they waved and they went on."

Hikers and walkers encountering off-road vehicles illegally using trails on public parklands and private preserves is an old, familiar story throughout our region. It's not just the roar that disturbs the peace, it's the speed that threatens and may even endanger pedestrians, and the erosion, widened corridors, and destroyed vegetation that degrades the environment.

Laws and regulations—such as New York state parks' ban on the use of ATVs in State Parks—are frequently broken and rarely enforced. In New Jersey, hard-won legislation that imposed registration, licensing, and strong penalties for illegal ORV use has been effectively ignored since it was

Cuts to operating budgets for parks in both states in recent years reduces the likelihood of successful enforcement measures.

To highlight the ongoing problems that illegal off-road vehicles bring to our parks and trails, the Trail Conference asks hikers to report their sightings as soon as

being ridden on, and nearest cross paths or intersections. Is it a single unit or a group? What color is the vehicle and are there distinguishing features? If a license plate is visible, note the color, number, and state.

Do not place yourself in danger or take it upon yourself to challenge, antagonize, or attempt to stop or control the riders.

What you can do is report illegal trail use via a form on our website; these reports are not for immediate action, but are collected for our reporting and advocacy work on behalf of trails and parks. We ask that you report sightings to us even if you have already made a report to police. From the [nynjtc.org](http://nynjtc.org) homepage, hover on the Our Community tab, then click "Report Illegal Trail Use."

—Georgette Weir

**Don't confront ATVs yourself. Instead, alert the local Park Police and be prepared to offer as many details as possible about the illegal activity.**

adopted in 2010. A deadline that the state identify three sites for ATV parks within three years was missed, and the strong penalties in the law have been removed as a consequence. Just one ATV park has been built, in Cape May County in 2013; no additional sites have been identified.

possible. In New York State Parks, in our region, call the Park Police at 845-786-2781 immediately if you spot powered vehicles within a park. In New Jersey call 1-880-WARN-DEP (1-880-927-6337).

Be prepared to report the time and location, including the park, name of trail/path

**From the Executive Director**



**Tools of the Cause: Hammers and Clippers Aren't Enough in Advocacy Efforts**

There are times when our preferred tools of rock bars, loppers, hammers, and clippers are of no help at all in taking care of trails. When the problem is inappropriate development or short-changed park budgets, we must choose the right tools to safeguard our connections to nature: letters to the editor, letters to public officials, leaflets and demonstrations, our vote. In short, advocacy.

I know that most people involved in the Trail Conference's work would choose to contribute their time and resources directly to the trails and parklands rather than to the often overheated debates about the impacts of development on parks or the politics of park budgets and policies. But sometimes our work in the woods is threatened by external events. We neglect the need for advocacy at our peril.

In New Jersey, for example, Green Acres funding has run out. Will the state continue to invest in open space preservation in the absence of public pressure? The Trail Conference has been working with more than 100 partner organizations in NJ Keep It Green to make sure New Jersey voters have the opportunity to vote YES to dedicating a portion of existing taxes to the state open space preservation efforts. We succeeded in

getting the question on the November 4 ballot, and are now working to assure that the measure will maintain support for our parks.

In New York, large casino resorts threaten the peace and natural resources of two of our most treasured—and hard-won—state parks: Harriman and Sterling Forest. The Trail Conference has actively opposed approval of these two proposals by the New York State Gaming Commission. If the commission gives either a green light, we will continue our fight at the local level.

Our advocacy efforts to preserve the historic natural aspect of the Palisades ridge were rewarded with a win in July when the Englewood Cliffs Council unanimously voted to restore the traditional zoning that limits building height to 35 feet. LG Electronics can still build its tower to 143 feet as a result of its variance, and similar variances are possible in the future. However, the Council's action may strengthen the opposition's case challenging the legality of LG's variance, now pending in appeals court, and shows that the people can affect the actions of government when they care. Efforts to persuade LG to reduce the height of its planned building will continue unabated.

Advocacy is American as apple pie, and as traditional a tool in the Trail Conference's tool kit as loppers, saws, and rock bars. Our early constitution named as a purpose aiding "in the conservation of wild lands and wild life and to protect places of natural beauty and interest."

Raymond Torrey and Major Welch, founders of the Trail Conference, were strong and active advocates for the overall parks movement and individual parks like the Adirondacks and Smoky Mountains.

Trail Conference conservationist Leo Rothschild began battling the mining of Mt. Taurus (Bull Hill) in the early 1930s and sounded the first warning in the 17-year battle to save Storm King that set the precedent for allowing community intervention over environmental issues. More recently, Trail Conference member and former executive director, JoAnn Dolan, sparked the effort that protected Sterling Forest.

Ideally, as a society, we would learn from these hard-fought battles and proactively provide adequate access to open space for a growing population. To a great degree, this has happened, but there are two trends that suggest Trail Conference advocacy will be needed like never before.

First, because our region is closer to "build out" (when there is no more vacant land available for development), private lands in and around parks are going to be targeted more frequently for inappropriate development.

Secondly, parks and open space programs are often seen as easy targets in budget cutting at all levels of government. The end result is that park acquisition and maintenance are both underfunded.

We plan to advocate for and defend our parks and trails with all the tools at our disposal. We hope you will join our trail advocacy crews. As in the woods, there is more than enough work for all who care about protecting our natural heritage.

*Edward Goodell*  
— Edward Goodell  
Executive Director  
goodell@nynjtc.org

**PEOPLE FOR TRAILS**



**Sandy Cascio**  
Walkkill, NY

**Volunteers as new crew chief,** Hudson Nor'westers (formerly West Hudson North Crew); instigator of the West Hudson Clippers, a new roving maintenance crew.

**Minnewaska grabbed me.** I first visited six years ago on a group hike, and I knew I had to be closer. Three years ago I moved from South Jersey to Walkkill, near the park. I totally embedded myself in Minnewaska, doing lots of solo hikes. I let it become part of me. I felt I needed to protect that and give back what it had given me. I volunteered to maintain part of the Scenic Trail, between Castle Point and Margaret Cliffs.

**Wow, I like swinging a sledge hammer!** The first time I went out with a crew was at Sterling Forest last year with the Palisades Crew, with the AmeriCorps kids. They were great. I started going to workshops, getting in deeper, building a résumé of sorts for what I want to do for the next 20 years, which is work in parks.

**I'm really crew-chief-in training.** I don't yet have the technical skills I need to be chief. Dave Webber [volunteer trails supervisor in the park] is tech-wise, a great teacher, and is very supportive. He's taken me under his wing.

**Weekdays** I sit at a desk in front of a computer doing data analysis for a reinsurance company. I have a 22-year-old son who attended Ramapo College and I hiked with him at the Reservation. Recently, I was inspired by the book *Walking the Distance*. I'd like to do a long distance hike—maybe 100-200 miles. When my son is finished with college (next year), I'm going.

Get out with a trail crew. Find them at [nynjtc.org/content/trail-crews](http://nynjtc.org/content/trail-crews).

**Casinos Update:**

Two mega casino resorts proposed for Orange County, in the thick of state park land and projected by their proponents to attract a combined 17 million visitors annually, are of great concern to the Trail Conference, and we are opposing them.

- Sterling Forest Resort, which would be built on a 238-acre private in-holding at the heart of Sterling Forest State Park in the Town of Tuxedo, adjacent to the Doris Duke Wildlife Sanctuary, where we hold a conservation easement; and
- Caesars New York in the Town of Woodbury, abutting Harriman State Park.

These projects would irreparably harm Harriman and Sterling Forest State Parks and their environs.

**Background**

In 2013, New York State voters approved the Upstate New York Gaming Economic Development Act to permit the development of four casino resorts. But, in a classic bait and switch, the referendum was revised at the last minute to include Orange County, which shares a border with New Jersey and is hardly "Upstate New York."

The visual impacts within the parks, the massive traffic jams and unsafe driving on winding park roads, as well as the noise and lights from planned nighttime events, will negatively impact the vast majority of park users who depend on these parks as havens from urban hubbub.

Two massive gambling corporations—Genting and Caesars—with powerful lobbyists have been moving quickly ahead with their proposals, and the NYS Gaming Commission is on a fast track to issue permits. Their decision about which four proposals to approve out

of 17 submitted is expected early this fall. At that point, each project is subject to local planning and zoning review and state environmental review processes. If either the Sterling Forest or Woodbury proposal gets a green light from the Gaming Commission, the

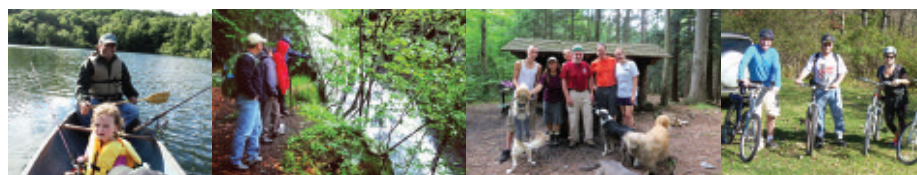
Trail Conference will be active in these review processes.

We will post updates on our website: [nynjtc.org/issue/new-york-casinos-impact-our-state-parks-and-trails](http://nynjtc.org/issue/new-york-casinos-impact-our-state-parks-and-trails)



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# Hikers' Directory

These clubs and organizations support the Trail Conference. Visit their websites to learn about their activities, or find them at [www.nynjtc.org/content/member-clubs](http://www.nynjtc.org/content/member-clubs).

|  |  |   |  |
|--|--|---|--|
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| <b>Adventures for Women</b><br><a href="http://www.AdventuresforWomen.org">www.AdventuresforWomen.org</a>  | <b>Friends of the Old Croton Aqueduct, Inc.</b><br><a href="http://aquaduct.org">http://aquaduct.org</a>   | <b>New York Ramblers</b><br><a href="http://www.nyramblers.org">www.nyramblers.org</a>  | <b>The Nature Place Day Camp</b><br><a href="http://thenatureplace.com">http://thenatureplace.com</a>  |
| <b>Alley Pond Environmental Center</b><br><a href="http://www.alleypond.com">http://www.alleypond.com</a>  | <b>Friends of The Shawangunks</b><br><a href="http://shawangunks.org">http://shawangunks.org</a>   | <b>Palisades Nature Association</b><br><a href="http://www.njpalisades.org/greenbrook.htm">www.njpalisades.org/greenbrook.htm</a>                   | <b>The Outdoor Club, Inc.</b><br><a href="http://www.outdoorsclub.info">www.outdoorsclub.info</a>  |
| <b>AMC Delaware Valley Chapter</b><br><a href="http://www.amcdv.org">www.amcdv.org</a>   | <b>Friends of Van Cortlandt Park</b><br><a href="http://vancortlandt.org">http://vancortlandt.org</a>  | <b>Protect Our Wetlands, Water &amp; Woods (POW)</b><br><a href="http://box292.bluehost.com/~powwworg">http://box292.bluehost.com/~powwworg</a>     | <b>Thendara Mountain Club</b><br><a href="http://www.thendaramountainclub.org">www.thendaramountainclub.org</a>  |
| <b>AMC Mohawk Hudson Chapter</b><br><a href="http://www.amcmohawkhudson.org">www.amcmohawkhudson.org</a>   | <b>German-American Hiking Club</b><br><a href="http://gah.nynjtc.org">http://gah.nynjtc.org</a>  | <b>Protectors of Pine Oak Woods</b><br><a href="http://www.siprotectors.org">www.siprotectors.org</a>   | <b>Tri State Ramblers</b><br><a href="http://tsr.nynjtc.org/">http://tsr.nynjtc.org/</a>   |
| <b>AMC New York North Jersey Chapter</b><br><a href="http://www.amc-ny.org">www.amc-ny.org</a>   | <b>Hike for Mental Health</b><br><a href="http://www.hikeformentalhealth.org">www.hikeformentalhealth.org</a>  | <b>Rip Van Winkle Hikers</b><br><a href="http://newyorkheritage.com/rvw">http://newyorkheritage.com/rvw</a>   | <b>Torne Valley Preservation Association</b>   |
| <b>Bellvale School</b><br><a href="http://www.bruderhof.com/en/international-directory/united-states/bellvale">www.bruderhof.com/en/international-directory/united-states/bellvale</a> | <b>Hilltop Conservancy, Inc.</b><br><a href="http://www.hilltopconservancy.org">www.hilltopconservancy.org</a>   | <b>Rock Lodge Club</b><br><a href="http://www.rocklodge.com">www.rocklodge.com</a>  | <b>Town of Lewisboro</b><br><a href="http://www.lewisborogov.com/parksrec">www.lewisborogov.com/parksrec</a>   |
| <b>Black Rock Forest Consortium Inc.</b><br><a href="http://www.blackrockforest.org">www.blackrockforest.org</a>   | <b>Hudson Highlands Gateway Task Force</b><br><a href="http://www.TownofCortlandt.com">www.TownofCortlandt.com</a>   | <b>RPHC Volunteers</b><br><a href="http://timtrek.mikentim.com">timtrek.mikentim.com</a>  | <b>Union County Department of Parks &amp; Community Renewal</b><br><a href="http://ucnj.org/community/parks-community-renewal/parks-facilities/">http://ucnj.org/community/parks-community-renewal/parks-facilities/</a> |
| <b>Boy Scout Troop 121-Hudson Valley Council</b>   | <b>Hunterdon Hiking Club</b><br><a href="http://www.hunterdonhikingclub.org">www.hunterdonhikingclub.org</a>   | <b>SAJ - Society for the Advancement of Judaism</b><br><a href="http://www.thesaj.org">http://www.thesaj.org</a>                                    | <b>University Outing Club</b><br><a href="http://www.universityoutingclub.org">www.universityoutingclub.org</a>  |
| <b>Boy Scout Troop 50 Mahwah</b><br><a href="http://MAHWAHTroop50.scoutlander.com">MAHWAHTroop50.scoutlander.com</a>   | <b>Interstate Hiking Club</b><br><a href="http://www.interstatehikingclub.org">www.interstatehikingclub.org</a>  | <b>Salt Shakers Trail Running Club</b><br><a href="http://www.saltshakersrun.com">www.saltshakersrun.com</a>  | <b>Urban Trail Conference, Inc.</b><br><a href="http://www.urbantrail.org">www.urbantrail.org</a>  |
| <b>Boy Scout Troop 8, Brooklyn</b>   | <b>Jolly Rovers</b><br><a href="http://jollyrovers.org/">http://jollyrovers.org/</a>   | <b>Shorewalkers Inc.</b><br><a href="http://www.shorewalkers.org">www.shorewalkers.org</a>  | <b>Valley Stream Hiking Club</b><br><a href="http://www.meetup.com/vshclub">www.meetup.com/vshclub</a>   |
| <b>Boy Scouts of America, Troop 21</b>   | <b>Long Island Greenbelt Trail Conference</b><br><a href="http://www.ligreenbelt.org/">www.ligreenbelt.org/</a>  | <b>Sierra Club Atlantic Chapter Outings Committee</b><br><a href="http://www.newyork.sierraclub.org/outings">www.newyork.sierraclub.org/outings</a> | <b>Wappingers Greenway Trail Committee</b>   |
| <b>Boy Scouts of America-Northern NJ Council</b><br><a href="http://www.nnjbsa.org">www.nnjbsa.org</a>   | <b>Long Path North Hiking Club</b><br><a href="http://www.schoharie-conservation.org">www.schoharie-conservation.org</a>   | <b>Sierra Club Lower Hudson Group</b><br><a href="http://www.newyork.sierraclub.org/lhg">http://www.newyork.sierraclub.org/lhg</a>                  | <b>Warren County Morris Canal Committee</b><br><a href="http://www.morriscanal.org">www.morriscanal.org</a>  |
| <b>Byram Township Environmental Commission</b><br><a href="http://www.byramtwp.org">www.byramtwp.org</a>   | <b>Mohonk Preserve</b><br><a href="http://www.mohonkpreserve.org">www.mohonkpreserve.org</a>   | <b>Sierra Club Mid-Hudson Group</b><br><a href="http://www.newyork.sierraclub.org/midhudson">www.newyork.sierraclub.org/midhudson</a>               | <b>West Milford 13ers</b><br><a href="http://www.weishike.com">http://www.weishike.com</a>   |
| <b>Catskill 3500 Club</b><br><a href="http://www.catskill-3500-club.org">www.catskill-3500-club.org</a>  | <b>Monmouth County Park System</b><br><a href="http://www.monmouthcountyparks.com">www.monmouthcountyparks.com</a>   | <b>South Mountain Conservancy Inc.</b><br><a href="http://www.somocon.org">www.somocon.org</a>  | <b>Westchester Trails Association</b><br><a href="http://www.nynjtc.org/clubpages/wta.html">www.nynjtc.org/clubpages/wta.html</a>  |
| <b>Catskill Mountain Club</b><br><a href="http://www.catskillmountainclub.org">www.catskillmountainclub.org</a>  | <b>Morris County Park Commission</b><br><a href="http://www.morrisparks.net">www.morrisparks.net</a>   | <b>Southampton Trails Preservation Society</b><br><a href="http://southamptontrails.org">http://southamptontrails.org</a>                           | <b>Women About</b><br><a href="http://www.womenabout.org">www.womenabout.org</a>   |
| <b>Chinese Mountain Club of New York</b><br><a href="http://www.cmcny.org">www.cmcny.org</a>   | <b>Mosaic Outdoor Mountain Club</b><br><a href="http://www.mosaic-gny.org/joomla">www.mosaic-gny.org/joomla</a>  | <b>St. Benedicts Prep Backpacking Project</b><br><a href="http://www.sbp.org">http://www.sbp.org</a>  | <b>WWW</b><br><a href="http://www.weishike.com">www.weishike.com</a>   |
| <b>Church Communities Foundation</b><br><a href="http://www.bruderhof.com">www.bruderhof.com</a>   | <b>Musconetcong Mountain Conservancy</b><br><a href="http://mmc.nynjtc.org">http://mmc.nynjtc.org</a>  | <b>Storm King Adventure Tours</b><br><a href="http://www.stormkingadventures.com">www.stormkingadventures.com</a>                                   |  |
| <b>Closter Nature Center Association</b><br><a href="http://www.closternaturecenter.org">www.closternaturecenter.org</a>   | <b>Nassau Hiking and Outdoor Club</b><br><a href="http://www.nassauhiking.org">www.nassauhiking.org</a>  | <b>Sullivan County Audubon Society</b><br><a href="http://www.sullivanaudubon.org">www.sullivanaudubon.org</a>                                      |  |
| <b>East Coast Greenway Alliance</b><br><a href="http://www.greenwaynj.org">www.greenwaynj.org</a>  | <b>Nelsonville Greenway Committee</b><br><a href="http://VillageofNelsonville.org">VillageofNelsonville.org</a>  | <b>Sundance Outdoor Adventure Society</b><br><a href="http://www.sundanceoutdoor.org">www.sundanceoutdoor.org</a>                                   |  |
| <b>East Hampton Trails Preservation Society</b><br><a href="http://www.ehtps.org">www.ehtps.org</a>  |  |   |  |

To add your organization to the list, contact Jennis Watson, [watson@nynjtc.org](mailto:watson@nynjtc.org).

## The 2014 Ralph's Peak Hikers' Cabin Club (RPH) Work Weekend Was a Huge Success!

In terms of number of participants and projects accomplished on the Appalachian Trail, this was our most successful work weekend in nearly 10 years!

On average, 30 people per day, including 10 thru-hikers who were passing through, worked on various projects:

- The vandalized post and mileage sign at the RPH Shelter were replaced.
- Several lengths of rotted treadway lumber were repaired near the shelter.
- To complete the renovation started in 1995, new siding was installed under the shed area of the shelter. Additionally, the entire shed area and one picnic table were painted with a red wood stain.
- The Seth Lyon Memorial Bridge painting project was completed.

- The Gerry Messerich Memorial Flower Garden on the RPH grounds was cleaned and weeded.

- A total of 10 water bars north and south of RPH were cleaned out.
- The trail directly south of the bridge was cleared of overgrowth.
- A new bulletin board was installed inside the cabin, replacing one that was burned by vandals 10 years ago.
- Seventeen large rock steps (roughly 200-300 pounds each) were installed on the Stormville Mountain step project. This project is 90 percent completed and will continue into 2015.
- Maintenance on the outhouse at RPH, including some painting and lime treatment, was done.

- The door of the outhouse at Morgan Stewart shelter was replaced.

In two days on the AT, 11 projects were tackled.

We are very thankful for ongoing generous support from ALDHA, B-Dry Waterproofing, Chelsea Forest Products, Richard Carroll, and Thalle Industries. We continue to use equipment generously donated by L.L.Bean in 2012. We also appreciate the local businesses who assisted us with food: Stormville Pizza and Frankie's Superette of Hopewell Junction.

—RPHC



The Long Distance Trails Crew was among the volunteers at the annual work party.

# Trail Mix



## Wake Up, Rip! Join the New CCC

Under a contract with New York's Dept. of Environmental Conservation (DEC), the Trail Conference is developing and managing the Catskill Conservation Corps, a program to recruit and supervise volunteers to perform various tasks related to natural resource stewardship in the Catskills. The contract totals approximately \$75,000 for two years, funded through the Environmental Protection Fund (EPF), with an option to extend the agreement for an additional three years. DEC will identify specific needs and the Trail Conference will recruit, train, and supervise volunteers working on specific projects across multiple DEC divisions and at various sites in the Catskills. Projects may include trail construction and maintenance, fish sampling, invasive species control, research and monitoring of state lands, and a broad range of other activities. A website and Facebook and Twitter accounts for the program are set up. Visit [catskillconservationcorps.org](http://catskillconservationcorps.org) to learn more.

## 800+ Miles and Counting

Our Invasives Strike Force made fabulous progress this summer, topping 800 cumulative miles of trails surveyed since 2011 for 14 common invasive plants, finishing two large parks—Wawayanda State Park (NJ) and Bear Mountain State Park (NY)—and several small parks including Mahlon Dickerson (Morris County, NJ) and Cheesecote Mountain Park (Rockland County, NY). ISF Coordinator Linda Rohleder regularly updates the mileage thermometer on our website, [nynjtc.org/invasives](http://nynjtc.org/invasives). Visit and track the team's accomplishments as data comes in.

## Meeting the Public at Breakneck

Four Trail Conference trail stewards, outfitted by Mountain Tops in Beacon, kicked off the summer hiking season by welcoming and assisting 2,163 hikers over the three-day Memorial Day holiday weekend. Over the first five weekends of the season, the stewards counted almost 10,000 hikers accessing the trailhead on Route 9D; many of them met and received information, water, and maps from the stewards; a dozen hikers, injured or lost on the mountain, were assisted by the stewards. Our hiker outreach program at Breakneck got a nice assist—and additional recognition—thanks to volunteer director/videographer Krysti Sabins, who worked with us to produce *Welcome to Breakneck Ridge*, a great video that you can view on our YouTube channel: [www.youtube.com/user/nynjtc](http://www.youtube.com/user/nynjtc).

## Getting Out with the Corps

Seventeen AmeriCorps members underwent extensive training and have been deployed at works sites in New York and New Jersey this summer. The sites include Sterling Forest and Fahnestock State Parks as well as the Appalachian Trail on Bear Mountain. With more than 8,300 hours

served between AmeriCorps members and volunteers on their crews, great progress was made in just the first two months of their six-month season. In that time, three trail crews built and repaired over 1,000 linear feet of sustainable trail and the Invasives Strike Force crew was joined by more than 70 volunteers for 12 invasive removal work trips at 8 different parks.



The Invasives Strike Force AmeriCorps crew at Westchester Wilderness Walk.

## Good News Alert on Palisades

On August 13, the Englewood Cliffs Council unanimously adopted Ordinance 14-11, which restores the traditional zoning to Englewood Cliffs, limiting building height to 35 feet. LG Electronics can still build to 143 feet, well above tree-line on the Palisades historic landscape, as a result of its variance, and similar variances are possible in the future. However, the council's action may strengthen the opposition's case challenging the legality of LG's variance, now pending in appeals court, and shows that the people can affect the actions of government when they care. The 4-0 vote by the council, which the mayor did not veto, also cancels the planned public referendum on the issue in November. Efforts to persuade LG to reduce the height of its planned building will continue unabated.



## A Photographer Gives and Gets Trail Magic



Photographer Heather Palecek spent two weeks making magic on the AT this summer.

A young man who is hiking the Appalachian Trail with Bell's Palsy, which he got through a tick bite while on the AT; a 60-year-old woman who states, "You have to push yourself to grow"; a man who is thru-hiking for the second time and says, "The trail calls you back. You start thinking about it. You start missing it."



Left Turn is from Florida and she is living out some great advice: "When you hit a wall, it's time to make a left turn." She told Palecek that hiking the Appalachian Trail is her left turn.

These are some of the people you meet in *Tales of the Trail*, a collection of Appalachian Trail thru-hiker portraits by photographer Heather Palecek (pictured here) of Manning, NJ. Palecek debuted the photos at an exhibit at the Love Life Tattoo & Art Studio in Warwick, NY, this past summer. The exhibit was the featured event in this year's edition of the annual Warwick Appalachian Trail Community Day, co-sponsored by the Town of Warwick Appalachian Trail Community Committee and the NY-NJ Trail Conference.

Each year, the Warwick AT Community Committee sponsors activities such as hikes, informational programs, and trail maintenance work trips for local residents. Many local artists and musicians find inspiration hiking the AT, and this year's event brought art to the forefront of the annual event.

## Tales of the Trail

Palecek, a photography teacher and outdoors enthusiast—High Point State Park is a favorite destination—gave herself a summer project: spend two weeks on the Trail at locations in Vernon, NJ, and Warwick, NY, dispensing "trail magic" to thru-hikers. She offered snacks, water, cell phone recharging, and other supplies. In return, the hikers posed for photographic portraits

and told her their stories. The exhibit was the culmination of her summer project. She calls it a "collaboration" with the 80 hikers who were her subjects. Twenty were featured in the exhibit.

"I used to think of the Appalachian Trail as a place," Heather writes in her artist's statement. "But after working on this project I realize it's much more than that—it's a living thing. The trail isn't a long path that connects state to state, community to community... It's a community and a being in itself—It's very own entity."

"As many [thru-hikers] told me of hiking the trail, their faith in humanity has been restored, and I am finding that mine has been too," she says.

You can find a link to Palecek's *Tales of the Trail* portfolio on her website, [hpalecek.com](http://hpalecek.com).



Scrambles. He describes thru-hiking the Appalachian Trail as, "A bunch of four day camping trips spanning many months."

## PEOPLE FOR TRAILS



Kevin Stamey  
Cortlandt Manor, NY

Nine lives? Kevin, an AmeriCorps member of the Taconics Trail Crew this summer, is reinventing himself after 28 years of information technology work at a global financial services company in New York City. He retired last May as a project manager for global IT infrastructure projects. That followed his first career as a Juilliard-trained musician; he played trombone.

Path to trails. "I started hiking and was looking for maps. That led me to the Trail Conference website and the mother lode. I clicked on the Volunteer button and got drawn into Trail U. I volunteered last year at Bear Mountain. It intrigued me—it involved the high-profile AT, visited by thousands of people—to be part of that was rewarding. I could share what I was doing with family and friends and they all 'got' it."

AmeriCorps? Yes, most members are younger, but, Kevin says, "Don't let demographics influence what you want to do. If we're lucky to have had a long career, we can pivot to something that is more fun. I can't think of another opportunity like this. It's a fantastic program, and it gave me the opportunity for this reinvention." He is putting last year's training and his lifetime of experience to work as crew chief.

His crewmates. "Someone says a task is 'hard' and they say, 'Challenge accepted!' They're ready to do everything. It's fun to be with enthusiastic people like that."

Sculpting beauty. "The trail is not just functional, it's beautiful. It's not just bringing people into a place that is beautiful; the trail is beautiful in itself. It's like sculpture. We're carving this out of the earth."

Reinvent yourself with us.  
Click Volunteer at [nynjtc.org](http://nynjtc.org).

## Enjoy Trails?



Please make a  
Donation to the  
Trail Conference.

Go to  
[nynjtc.org/donatenow](http://nynjtc.org/donatenow)

# People for Trails. Trails for People.

A quarterly look at some of what our volunteers have been doing to assure public access to nature.

## 10 Great Trail Projects in New York, New Jersey This Season



### Reopening a Popular Ravine

Thanks to an incredibly productive one-day visit by the West Jersey Crew, the popular Tillman Ravine at Stokes State Forest, closed to the public since Hurricane Sandy, reopened this summer. Crew Chiefs Monica and David Day report that their crew built a stone staircase up a very steep embankment created when a huge tree was blown over; redefined several trail sections with sidehill work; cut up two huge blowdowns that blocked a bridge and used a highline to lift the tree pieces out of the streambed; rebuilt the bridge's footings on a temporary basis and hoisted it back into a new alignment; and freed another bridge from a massive blowdown. The crew invites volunteers to join them on a likely return visit this fall.



### Hugging the Water

The Reservoir Trail in Ramapo Valley County Reservation has been an ongoing project throughout the summer, executed completely through a series of Trail University classes that helped develop our new Ramapo Trail Crew. The trail is a 0.8-mile near-loop that stays close to the margin of the beautiful MacMillan Reservoir and crosses a dramatic rock slope. Volunteers were brought together from Ramapo College, our larger local volunteer base, and brand-new volunteers who saw the action and decided to get involved. The project also has turned out new maintainers for Northeast Jersey, North Jersey, Central North Jersey, and West Jersey.



### Keeping Your Feet Dry

The Hudson Nor'wester Trail Crew (formerly the Glen Trail at Minnewaska State Park Preserve) is improving the tread in wet areas with "turnpiking," which will continue into next year. The crew welcomes



### Where Have All the Flowers Gone?

Native wildflowers along a stretch of the Long Path at High Tor once again have space to grow after visits by our Invasives Strike Force this summer. The crew, including five AmeriCorps members, surveyed and removed Japanese barberry, multi-flora rose, phragmites, Norway maple, garlic mustard, and—at the particular request of park officials—black swallowwort (a root crown of which is pictured) from sections of the trail.



### Managing Erosion

A severely eroded portion of the Appalachian Trail on the western slope of West Mountain in Harriman State Park, above Beechy Bottom Road, prompted a trail relocation project this year by our Long Distance Trails Crew. The length of the relocation is 0.5 mile, about 0.2 mile longer than the section it is replacing, and incorporates a switchback, stone walls to support the trail (called crib wall), and stone steps. The crew expects to complete the project this fall and invites new participants.



### First Comes the Trail

In August volunteers with the Catskill Trail Crew completed a new trail at the site of the future Catskill Int'l Center, across a stream, and up a slope to a viewpoint. The trail will lead hikers to the Center, across a stream, and up a slope to a viewpoint. The trail will feature a replica of a fire tower.



### From Beach to Viewpoint

The new Taconics Crew completed relocating and enhancing the 0.3-mile Appalachian Access Trail that has its trailhead at Fahnestock State Park's Canopus Lake beach. The improved trail, built to sustain high use, will lead summer AT hikers to the concession stand and new visitor center at Canopus Beach, and beach-goers and hikers to the AT, including to a great viewpoint over Canopus Lake. More than 70 volunteers, including 30 from the World Missionary Society Church of God, some pictured above, worked alongside four AmeriCorps members on the project. The trail will become part of a new loop hike when a new trail on the nearby ridge is completed.



### No Hunting Hike

The Palisades Trail Crew, consisting of four AmeriCorps members and a steady stream of volunteers, completed the Doris Duke Trail loop, and began work on the Sterling Mountain trail. This section will lead up Sterling Mountain to the City and surrounding parkland. This trail, located in the free zone of Sterling Forest State Park, connects along Sterling Ridge, which in turn connects to the trail leading to Fitzgerald Falls.



y the West Hudson North crew) is addressing slick bedrock and wet areas on the beautiful Mossy e. The crew is building bog bridges across the most hazardous sections of this stream-side trail, raising and installing rock steps to create safer short descents in places. The project began in the spring and brings new and existing volunteers on a project whose location is hard to beat.



Crew began constructing a interpretive Center along Rt. hikers and visitors from the viewpoint that will one day



### Views over the Hudson

The ongoing relocation of the Appalachian Trail on Bear Mountain continues this year with some very technical work including a lot of building on bedrock and moving materials long distances. This relocation will offer beautiful views of the Hudson River and eliminates three road crossings. As of mid-August, 148 individuals had volunteered a total of 5,665 hours quarrying, splitting, flying, and building almost 350 feet of five-foot wide tread. By the time winter rolls around, more than 500 feet of new trail will have been completed in 2014.



### Moving South

AmeriCorps members and the second section of the final section in August. o great views of New York located within a hunting-nects with the Allis Trail ts with the Appalachian In northeastern Dutchess County, volunteers are extending the 15.7-mile long South Taconic Trail an additional 6 miles to the south. The project includes building 4.5 miles of new trail and adding new blazes to existing trail sections. It will result in a new access to the spectacular ridge at Rudd Pond State Park. The crew cleared a grand total of 1.25-miles of trail on its first four monthly trips, much of it through thick blueberry patches. Trails Chair and Crew Chief Andrew Seirup says, "Not too shabby!"

## JOIN PEOPLE FOR TRAILS ON ONE OF MANY EXCITING PROJECTS THIS SEASON

Check the crew trip calendar at [nynjtc.org/view/trail-crew-outings](http://nynjtc.org/view/trail-crew-outings)



Spearheaded by a small and very dedicated group of Ramapo College students, the Ramapo Trail Crew welcomes any and all trail volunteers to join them in the field.



Nature Place summer camp youth enjoyed a workout at the Bear Mountain Trails Project.



A group of incoming Ramapo College freshmen were led in the field this September by a quartet of experienced Trail Conference student volunteers.



Groundwork Hudson Green Team volunteered at Bear Mountain this summer.



Boy Scouts from Brooklyn lent their hands building trail in the Doris Duke Wildlife Sanctuary at Sterling Forest State Park with the Palisades Crew.



Ten volunteers (including the photographer) turned out for the inaugural trail clipping outing, at Minnewaska, of the West Hudson North Clippers, a roving maintenance crew.

## Why Trail Users Love Our Maps on the PDF Maps App!

If you have a mobile device and have not yet checked out our nearly 50 maps through Avenza's *PDF Maps* app, you are missing out on some great enhanced trail maps that have been improving the outdoor experiences of many trail users over the past two years. If you do have the app, be aware that Avenza has made some recent updates that make it even more useful on the trail, including the ability to now track your route and geotag photos on both Apple and Android devices.

The app now offers the following features to enhance your outdoor experience (some features vary in function by operating system; some also require cell coverage):

- Use the device's GPS to pinpoint your location on the map
- Track your movements in real time and produce hike statistics
- Attach photos to a waypoint to keep for reference or share with others
- Measure distances along trails easily and accurately
- Navigate with a built-in compass
- Use maps and many tools offline in areas with no mobile cell coverage
- View satellite imagery of the map area
- Carry all your maps on one small device



Nearly 50 Trail Conference maps are available on Apple and Android mobile devices through Avenza's *PDF Maps* app.

### Avenza PDF Maps



The Trail Conference offers a large selection of both free and for-sale maps through the app. In the past year, we have added up-to-date versions of many of our new published maps, and more recently, new free maps of Franklin Lakes Nature Preserve and the five Catskill Fire Towers have been added.

With more than 25,000 map downloads, we are one of the app's most popular map vendors. As with our print maps, funds received from app map sales support our trail work throughout the region.

Looking ahead, we will continue to add maps to both our free and for-sale selections. We hope users will continue to get the word out about these great app maps, and we intend to work more with park partners to get the word out as well.

The *PDF Maps* app is a free app that can be obtained on Apple devices (through iTunes or the App Store) or Android devices (through the Google Play Store). Step-by-step instructions, a list of our available maps, more suggestions for how to use the app, and other resources, are available on our website, [www.nynjtc.org/pdfmaps](http://www.nynjtc.org/pdfmaps).

It is important to note that these digital maps are not meant to be a replacement for printed maps, which every trail user should have on hand. Batteries can die, software can have issues, and weather can become problematic, so we certainly suggest you carry printed maps just in case.

### How you can use the PDFMap app to improve trails

While out on the trail, you might use the app to capture a photo and GPS location of a major blow-down or other trail problem, which can then be sent to us so that the trail problem can be addressed. Users of the app maps can also contribute to field-checking of our maps by noting trail updates or corrections (for instance, if a viewpoint star is not placed correctly based on where the GPS location is on the map). The app can even be useful for helping with our surveying and reporting of invasive plant species along trails.

#### Some of the Trail Conference map sets available on PDFMap

##### Map 119 - Harriman-Bear Mountain (North) - 2013

Northern Harriman State Park, Bear Mountain State Park, Appalachian Trail, Long Path

##### Map 115 - North Jersey (East) - 2014

Campgaw Mountain Reservation, Long Pond Ironworks State Park, Norvin Green State Forest, Ramapo Mountain State Forest, Ramapo Valley Reservation, Ringwood State Park, Highlands Trail

##### Catskill Hikes - Hunter Mountain Fire Tower, NY (free)

## MUGGED BY A BEAR

*continued from page 1*

Camping at Brink Shelter in Stokes State Forest, I knew that my food was safely stored in a metal bear-proof box 50 yards away, but I could not remember if I had brought a snack into my tent. As that thought formed, there was another loud huff. My empty backpack was outside, less than a foot away from my head.

There was a snort, a shuffling sound, and a bang as the tent shook. Rattled, I screamed and looked outside the tent, but the bear—and my backpack—were gone.

Oh my Lord, I thought, heart pounding. My watch said 3am.

Unzipping my tent, I grabbed my headlamp and crawled cautiously into the night. The lamp was only mildly effective in the mist, but I walked a ways in the direction I thought the bear had gone. Nothing.

I had been mugged and robbed by a bear. I am guessing that the bear weighed about 300 pounds and was an adult, probably a male, though I have no idea why I assumed that.

Wandering aimlessly through the mist, a harsh reality hit: My wallet and truck key were in my pack, and that meant my driver's license, Social Security card, debit and credit cards and other stuff were gone. My brain went into overdrive at the major mess that would cause. I had no ID, no money, no transportation, no way to get someone to cut another key; it was Sunday and the banks were closed. How would I get a South Carolina driver's license in New Jersey? Where do I start?

I crawled back into my tent and struggled with those questions while also trying to be optimistic that I would find my stuff the next morning. I had carried that Osprey backpack on my 2011 thru-hike of the Appalachian Trail and for three seasons as a ridgerunner in New Jersey. My keys, wallet and the rest of my stuff could be

replaced, but I sure would hate to lose that pack. It carried my gear, years of sweat and grime, and tons of memories.

I was always hoping to see bears. New Jersey is known for having more bears than anywhere else on the AT, but I had not seen any when I passed through in 2011. I saw just one the following summer, a small one on Labor Day, the final day of my first ridgerunner summer. I saw 20 or so in 2013 (not as many as boasted by other ridgerunners) but I had seen maybe two dozen so far in 2014, and I was eager for more.

**“This was a clearly aggressive bear that had upped its game from simply wandering the woods near campsites and hoping to rummage through the trash.”**

Bears are more of a problem at public campgrounds and in suburban neighborhoods than they are deep in the woods.

I was surprised at what had happened because on the trail, bears had always been a novelty, not a threat.

My pack had been leaning against the head end of my small one-man tent, which, without the rain tarp, is essentially a 30x85-inch screened space. As I lay there, still shaken, I realized that bears do not have opposable thumbs, meaning he grabbed the pack in his teeth and that those teeth had clamped shut less than a foot from my head. It mattered little that a screen mesh separated us.

Then the pounding started.

The sound of clanging metal echoed across the campsite, and the only rational explanation was that the bear was hammering at the bear box trying to gain access to the goodies within. The nuisance bear was back after barely an hour. I roused myself and went looking for it, hoping to track my missing pack while telling myself that I was

not putting myself into harm's way.

No luck, as I could find neither the source of the commotion nor my missing backpack.

I returned to my tent and dozed, only to be jolted awake again by snorting and huffing. The bear was back and 10 feet away. I screamed, but he ignored me, instead continuing to paw at a nearby log. I screamed again and he left.

Sleep finally came again, and I awoke at 7, looked around and determined that I had not been having a bad dream. I noticed my water bottle 20 feet away and found teeth marks on it, signaling that the bear

had picked it up from right beside my tent (and me) but dropped it as he moved away.

I wandered the site again and then headed up a small rise to share my tale of woe with campers I had met the night before.

“He was here, too,” the man said. “He grabbed my son's pack last night and ran, but we hollered and he dropped it. We were in the tent when another hiker yelled, ‘Hey, you in the white tent. There's a bear outside!’”

That happened at 9:30pm, which means there were four separate incidents involving the bear: that one, plus the two at my tent and the pounding on the bear box. Unbelievable.

I phoned the park office to file a report, and the man and his son stopped and offered to help me look for my pack before they moved on. We fanned out and moved through the section of forest where I thought the bear had gone. Five minutes later, I found my pack, about 150 yards from my camping spot. The pack's bright blue rain cover was slashed and so was the outside pocket of the pack, but that was the only

damage. My keys and wallet were still inside.

This was a clearly aggressive bear that had upped its game from simply wandering the woods near campsites and hoping to rummage through the trash.

Category One bears are those that have attacked someone or caused serious property damage and are deemed to be threats to public health and safety. These bears are killed, put down, or euthanized (pick your phraseology), typically by lethal injection if they have been caught or by gunfire if they are running loose. Some bears can be rehabilitated or re-educated in a Pavlovian or Orwellian sense and taught You Will Not Do That Again.

These methods are designed to teach the bear to associate Bad Things with human contact. Trapped bears are anesthetized, examined, given blood tests and tagged. As the bear wakes, I am told, officers might bang on the bear trap with bats, shoot it with rubber bullets as it is released back into the wild and then let dogs chase it away and hound it up a tree.

My zeal for seeing bears in the wild has faded, though I am sure I will smile the next time I see one in its element. The forest is, after all, their home, and I am just a visitor passing through. I will continue to encourage hikers to Leave No Trace, hang their food or use the bear boxes, and to please not burn trash.

I will tell them that bears have been known to steal packs looking for food, and I will do a better job of protecting my backpack, keys and personal information. The last thing I need is a bear using my debit card or hacking into my bank account.

*Jerry Adams is a seasonal RidgeRunner on the Appalachian Trail in New Jersey. He lives on the trail during peak hiking season, assisting and educating hikers and monitoring and protecting the trail corridor.*



# This Invasive Plant Can Burn and Blind You



Removing young hogweed plants from among a patch of native milkweeds. Working in pairs, one crew member helped ensure that the other did not accidentally touch the plant.

## Members of our Invasives Strike Force donned hazard gear to help remove populations in the Hudson Valley

It doesn't have thorns but it can hurt you. The sap from this plant can cause severe burns, blistering, and scarring. It can even result in blindness if the sap gets in your eyes. The sap reacts with moisture and sunlight to cause a chemical burn.

Giant hogweed (*Heracleum mantegazzianum*), an invasive species found in our region, is a federally listed noxious weed. A long-lived perennial, it can grow up to 14 feet tall; its giant flower looks similar to its much smaller cousin, Queen Anne's lace. Both are in the carrot family (but don't try to eat either of them). The leaves of giant hogweed are large with jagged edges and the stem is green with purple blotches and white hairs.

This year the Trail Conference's Invasives Strike Force AmeriCorps crew had the opportunity to learn how to deal with this dangerous plant. They received training from the New York State Dept. of Environmental Conservation's (DEC) Giant Hogweed Response team and helped to remove plants at almost a dozen sites in Putnam County. The team donned Tyvek suits, rubber boots, rubber gloves, and safety glasses for their day in the field. Wielding shovels, they dug out small plants, ones that had reached only about four feet in height. These plants were small because the Giant Hogweed Team had already been treating these spots in previous years. We got to witness the success of their efforts at a couple of locations we visited; three years after the state team treated the spots, not one giant hogweed plant was found. Those spots can now be marked off the list.



More than 1,000 giant hogweed populations have been recorded throughout New York State, but only about a dozen of those are in the Lower Hudson Valley area. Just a handful of locations have been recorded in New Jersey. Early detection and treatment can keep this dangerous plant in check.

If you think you find giant hogweed, **do not touch it**. Take photos and compare your plant to giant hogweed and other look-alikes using the New York State giant hogweed identification page at <http://www.dec.ny.gov/animals/72766.html>. There is a native plant called cow parsnip that is easily confused with giant hogweed but is not as dangerous. Cow parsnip has no purple blotches on the stem.

If the location is in New York, email the DEC at [ghogweed@dec.ny.gov](mailto:ghogweed@dec.ny.gov) or call the Giant Hogweed Hotline: 1-845-256-3111. Provide photos, detailed directions to the plant infestation, and estimate the number of plants. In New Jersey, reports can be sent to the NJ Invasive Species Strike Team <http://njisst.org/observation.htm>.

## Beetle-mania

By Edna Greig

They live in virtually every terrestrial and aquatic habitat. There are over 350,000 species worldwide—or about one quarter of named animal species. About 25,000 species occur in the United States and Canada.

Beetles are members of the insect order Coleoptera, meaning "sheath wings." The name refers to the hardened forewings called elytra which, when closed, form a protective armor over the beetle's back. Tucked beneath the elytra are membranous hind wings which unfold in flight.

Some beetle species, like the Asian Longhorned Beetle (*Anoplophora glabripennis*), are highly destructive to trees, cultivated crops, or human environments. But the majority of beetle species are minimally destructive, and some are even beneficial predators.

A well-known and well-liked beneficial beetle is the ladybird beetle, or ladybug (family Coccinellidae). These familiar beetles are lauded for their voracious appetites for pests, particularly aphids. There are close to 500 species of ladybugs in North America. The most abundant are non-native species that were introduced as biocontrols; formerly common native species have now become rare. The Lost Ladybug Project ([lostladybug.org](http://lostladybug.org)) is a citizen science project established by Cornell University to survey ladybug populations to understand why native species are declining.

Another brightly-colored predatory beetle is the six-spotted tiger beetle (*Cicindela sexguttata*). This 3/4-inch long bright metallic green beetle can be found on sunny woodland paths or sandy areas in spring and early summer. If you spot one, approach it slowly to get a better look, but be prepared for it to rapidly run or fly away once it detects your presence. It uses its long legs, large eyes, amazing speed, and powerful jaws to hunt down and crush a myriad of invertebrate prey. Its speed, as



Asian Longhorned Beetle *Anoplophora glabripennis*

well as a noxious chemical that it sprays, also helps it to avoid predators.

Aquatic environments are home to the fascinating whirligig beetles (family Gyrinidae). There are about 30 species of whirligigs in eastern North America. They're about 1/4-inch to 1/2-inch long, oval-shaped, and shiny or dull black. Adults can be seen from spring through fall gliding on the surface of ponds or slow-moving streams, often congregating in large groups. The name whirligig comes from the wild gyrations they make when disturbed.

Whirligigs are remarkably adapted to their aquatic environment. Their divided eyes allow them to simultaneously see above and below the water's surface, helping them to find their invertebrate prey while avoiding predation by fish and other animals. Between the eyes are short, sensitive antennae that detect the slightest vibrations in the water. This helps them locate prey and avoid collisions with their cohorts while gyrating. Their front pair of legs are long and adapted to grasp prey, while their two rear pair of legs are short and paddle-like for swimming.

Whirligigs secrete a pungent chemical from the tips of their abdomens that deters

predators, acts as a communication pheromone, and reduces water surface tension, making swimming easier. The secretion smells like rotten apples, and whirligigs sometimes are called apple bugs.

Beetles existed when the first flowering plants evolved and probably were important pollinators for a few million years, before bees evolved. Flower longhorn beetles (family Cerambycidae, subfamily Lepturinae) and soldier beetles (family Cantharidae) broaden their invertebrate diet to also feed on flower pollen and nectar. The goldenrod soldier beetle (*Chauliognathus marginatus*), as its name suggests, often is found on goldenrod flowers in late summer.

Fireflies (family Lampyridae) are the twinkling nocturnal relatives of soldier beetles. Learn more about fireflies in the May/June 2011 issue of *Trail Walker*, page 7, available at [nynjtc.org](http://nynjtc.org).

The abundance and diversity of beetles make them interesting to meet during warm weather walks.

Edna Greig is a regular contributor to *Trail Walker*.



## PEOPLE FOR TRAILS



Charlotte Rutherford  
New York, NY

**Wheelchair to Trail Builder:** Two years ago, I couldn't hike. Actually, I couldn't even walk. I was hit by a car going 30 mph in Manhattan, spending three weeks in the hospital and four months in a wheelchair after sustaining tibia, fibula, pelvis, and clavicle fractures. One thing inspired me through that recovery process: the vision of hiking again. I used to plan hikes while sitting in my wheelchair, mapping out the different trails I wanted to experience and visualizing the feeling of walking through the woods with a backpack on.

**Now here I am,** an AmeriCorps member of the Palisades Crew working in Sterling Forest State Park, *making* hiking trails—through the strength of my own body. Every morning at 8:45, we hike about two miles on the Doris Duke Trail to our work site. And as we walk through the woods, I get to marvel at our accomplishments throughout the summer.


**What I enjoy most** about seeing our work is that everything we did was built through the power of the crew's and the (awesome!) volunteers' own sweat. Machines didn't sink our steps, make crush, or excavate soil. We did that with muscles and tools. And our work is strong—built to last.

**As I make that trek,** I'm reminded of the time when I couldn't hike, and am thankful for my recovery. And I think of how lucky I am to be given this opportunity by the New York-New Jersey Trail Conference and AmeriCorps to strengthen the hiking community as it strengthened me in my time of weakness.

Learn more about the Trail Conference's AmeriCorps program at [nynjtc.org/news/building-future-help-ameri-corps](http://nynjtc.org/news/building-future-help-ameri-corps)

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STAFF NOTES



**Amber Ray of Sloatsburg, NY**, has begun work as co-communications manager, a position she will share with current communications manager Georgette Weir. Amber will take full responsibility for the job in early 2015, following maternity leave. Amber is a writer and editor with experience in both print and digital media. Most recently, she was web editor at Entertainment Weekly. Before that she worked as deputy entertainment editor at iVillage. For nearly a decade, Amber held editorial positions at Metro, a daily print and digital newspaper, starting as an editorial assistant in Philadelphia, then rising through the ranks from staff writer to features editor and finally managing editor in New York City. She studied journalism at Temple University in Philadelphia. Amber is an avid outdoorswoman, a member of both ADK and AMC, and loves living "at the gateway to Harriman State Park."



**Heather Rolland of Bovina Center, NY**, has joined the staff as assistant program coordinator for the Catskills. In this year-round, part-time position, Heather will help support our Catskills volunteer leaders and trail crews in the region, as well as our new partnership with the Dept. of Environmental Conservation, Catskill Conservation Corps. Heather is an active board member of both the Catskill 3500 Club and Catskill Mountain Club. She is an avid hiker, currently working on hiking all trails in the Catskills to be the first to earn the Catskill Mountain Club's new All Catskills Trails Patch. Heather brings extensive experience working with volunteers and a professional background that will help her work with the diverse groups and individuals of the Catskills.



Hello Maintainers!

Fall is a time for all good stewards to get out and check (and clip) their trails!

Your Trail Supervisor will be asking for your report of your donated time and efforts by November 30.

Please help us provide our park partners with an accurate accounting of the HUGE contributions you and all Trail Conference volunteers make to our public trails.



TRAIL NEWS

continued from page 2

The red-blazed **Catfish Loop Trail** in Fahnestock State Park is now a true loop contained entirely on the west side of Dennytown Road. The section of the blue-blazed 3 Lakes Trail west of Dennytown Road has been designated as the Catfish Loop Trail, and volunteers have constructed a short new trail section on the west side of the road to link the north and south arms of the Catfish Loop. A short stretch of the Catfish Loop Trail on the east side of Dennytown Road that previously ended at the Appalachian Trail is eliminated. The changes are incorporated on the new edition of the East Hudson Trails map set.

High Point State Park

The side trail from the **Appalachian Trail** to the Rutherford Shelter has been relocated off of slick slab rock and onto a safer route through woods.



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Corrections to spring 2014 Trail Walker

- In memory of William (Bill) Moss - avid biker & outdoorsman*  
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Hunting Season Warning

This year, New York State instituted an early bear season (most of September) in the Catskills and other southern regions of the state and also now permits use of crossbows.

In brief, remember to wear blaze orange when hiking! Below are hunting seasons still to come.

NEW YORK

Bear Season (Southern Zone)

Regular: Nov. 15 - Dec. 7  
Bow Hunting: Oct. 1 - Nov. 14;  
Dec. 8 - Dec. 16

Westchester County

Bow only: Oct. 1 - Dec. 31

Suffolk County

Bow only: Oct. 1 - Dec. 31

Deer Season Southern Zone (includes Hudson Valley and Catskills)

Regular (Gun): Nov. 15 - Dec. 7  
Bow: Oct. 1 - Nov. 14; Dec. 8 - Dec. 16

NEW JERSEY

Hunting with firearms on Sundays is generally not permitted in the state.

Deer Season

Early Bow: Oct. 4 - 31  
Winter Bow: Jan. 1 - 31  
6 Day Firearm: Dec. 8 - 13

Bear Season

Dec. 8 - 13

Find details and relevant links on our website, [nynjtc.org/news/hunting-seasons-2014](http://nynjtc.org/news/hunting-seasons-2014).

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# Heel Pain: Tips for Hikers

By Howard E. Friedman, DPM

Heel pain is one of the most common foot complaints. Referred to variously as “heel spur” or “plantar fasciitis,” this malady is an inflammation at the junction of an important foot ligament, the fascia, to the large heel bone, or calcaneus. With early intervention, the amount of time needed to heal can be shortened.

## What Is It?

In fasciitis, the ligament sustains a micro tear at the point where it attaches to the heel bone. This creates an inflammatory process resulting in some local swelling around the ligament and likely irritation of adjacent nerves, causing pain. If not treated early the condition deteriorates and can become chronic, resistant to healing.

## What Else Could It Be?

Other conditions that mimic fasciitis include a bone bruise of the undersurface of the heel bone or a stress fracture of the calcaneus. A bone cyst or tumor of the heel will be similarly painful. With the exception of the bone bruise, the other conditions are uncommon.

## Early Treatment

Hikers can shorten their recuperation by beginning treatment promptly. A sharp pain in the heel with the first step in the morning or during the day is a common finding. Sometimes the pain will ease after a period of walking but worsens with extended walking or standing. The pain also eases after sitting and resting. Any redness or noticeable swelling around the heel area is usually not associated with plantar fasciitis and should be investigated.

## First aid for plantar fasciitis includes several components.

- First, stretch the Achilles tendon and calf muscles. With the knee straight, move the foot toward the body as far as it will go and hold the position for 5-10 seconds, five times in a row. Repeat this two to three times a day and always first thing in the morning prior to taking a first step.
- Second, wear only supportive shoes or clogs even when getting out of bed.
- Third, rest the painful heel on an ice pack for 5-10 minutes one to two times a day.
- And fourth, you will probably benefit from placing an additional arch support in your shoes.



Heel bone with heel spur (red arrow)

## Hikers can take additional measures.

- Reduce the weight of your backpack if possible. The less weight you carry the better. This also includes losing extra body weight.
- Shorten your stride while walking to reduce impact on your heel.
- Use two hiking poles to further off-load the pressure under foot.
- Ice the painful area down after hiking.

In general, however, one should not hike or exercise if the heel is still painful.

## Other Treatments

If the above conservative measures are not effective, your podiatrist may recommend any number of additional treatments. Standard treatments include applying an athletic taping to the foot to help support the plantar ligament, and, in some cases, administering one or two cortisone injections. The doctor will evaluate your foot type and shoes to determine if you will benefit from an arch support. In some cases, a pre-molded arch support will be sufficient; these are sold in many sport shops. In other cases, a molded arch support or custom foot orthotic may be necessary.

Take these measures to treat and prevent heel-spurs or plantar fasciitis.

## Emerging Treatments

Newer treatments not yet widely accepted include non-invasive extra corporeal shock-wave therapy, radiation directed at the heel, injection of platelet-derived plasma into the heel, and inserting either a radio wave emitting probe or freezing-cold probe into the fascia. Releasing the fascia by cutting it is a last resort and often results in a lower arch height. Early intervention and conservative measures are still the most recommended treatment for this common, painful condition.

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

## PEOPLE FOR TRAILS



Suse Bell  
Wyckoff, NJ

Volunteers as indexer and copyright registrar with our Publications Committee and as a maintainer on the Appalachian Trail in New Jersey.

Suse draws on her background in education publishing to contribute to our own publishing program. She helped the Publications Committee put together an operations manual several years ago, based on best practices in the industry. “It’s out of date now,” she says, referencing the many changes in the field in recent years. But it helped to standardize the production of books and maps by our many and geographically scattered volunteers.

Detail-oriented, Suse has indexed *Hiking the Jersey Highlands* (second edition), *Walkable Westchester* (two editions), and *Hiking Long Island* (two editions). By keeping up with copyright rules and promptly registering new editions of our books and maps, Suse helps the Trail Conference protect its ownership of these valuable assets.

Active with Boy Scouts since 1996—she is an award-winning assistant Scoutmaster—Suse makes a point of getting Scouts out on the AT to learn about conservation and outdoor ethics, and to do trail work. “I deliberately bring the Trail Conference and Boy Scouts together. The trail is our lab area,” she jokes, “but also a good excuse for me to go out in the woods.”

Other interests include Wyckoff Historical Society (trustee), the Wyckoff Fire Department Ladies Auxiliary (treasurer), and her old house (constant renovation and restoration).

“Even if you don’t backpack or build trails,” Suse says, “there’s work at the Trail Conference you can do. There’s a place for everybody. I feel that I’m filling a niche.”

Find your niche at the Trail Conference. Visit [nynjtc.org](http://nynjtc.org) and click on Volunteer.

As always, our new maps are printed in vibrant color on waterproof, tear-resistant Tyvek. Shop online at [nynjtc.org](http://nynjtc.org), call 201-512-9348, or stop in at the Trail Conference office.

They are also available on Apple and Android devices through the PDF Maps app; learn more about these GPS-enhanced maps at [nynjtc.org/pdfmaps](http://nynjtc.org/pdfmaps).



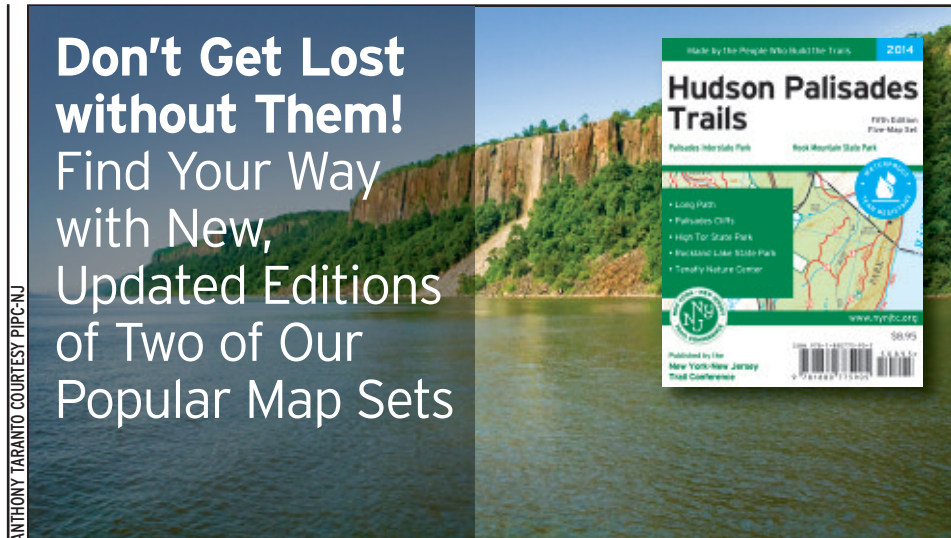
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Palisades Cliffs, Palisades Interstate Park

## New 5th Edition of Hudson Palisades Trails Map Set

This five-map set covers trails and parklands along the western side of the Hudson River from Fort Lee, NJ northward through Bergen and Rockland counties to Haverstraw, NY. Nearly 100 miles of marked trails and bike paths are shown, featuring approximately 40 miles of the Long Path from its southern terminus at Fort Lee Historic Park.

This revised edition contains multiple improvements and trail updates. Parklands include Palisades Interstate Park, Blauvelt State Park, High Tor State Park, Rockland Lake State Park, Tallman Mountain State Park, Buttermilk Falls Park, Clausland Mountain Park, Flat Rock Brook Nature Center, Gurnee Park, Mountainview Nature Park, Rockleigh Woods Sanctuary/Lamont Reserve, South Mountain Park, and Tenafly Nature Center/Lost Brook Preserve.

## Revised 11th Edition of East Hudson Trails Map Set

More than 150 miles of marked trails are shown on this three-map set, including the popular networks at Breakneck Ridge, Bull Hill (Mount Taurus), and Mount Beacon, and more than 20 miles of the Appalachian Trail as it passes through Putnam County.

This revised edition contains multiple trail updates and improvements. Several trail relocations and newly-marked trails in Fahnestock State Park are included, and other adjustments to trails in Hudson Highlands State Park, Manitou Point Preserve, and West Point Foundry Preserve are shown. Some trails and woods roads have been replotted using new GPS data and high-resolution aerial imagery. Many other minor corrections and changes have been made, making this revised 11th edition of the East Hudson map set even more accurate than before.

Special thanks to all the volunteers and park partners who provided information, field checked, and reviewed these new map editions!

These map sets were produced with support from Campmor, an outdoor store and retail partner of the Trail Conference.



# Featured Hike



By Georgette Weir

## Manitoga: A Designer's Refuge Offers Links to the Appalachian Trail



Trail Supervisor Mary Dodds leads the way on Russel Wright's original trails.

Perhaps you've eaten off of one of his dinner plates. Or maybe you've relaxed in a chair of his design. Russel Wright was a prolific and popular industrial designer in the 20th century, credited with inspiring Americans to adopt informality as a lifestyle. He applied his sensibility—labeled American Modern—beyond housewares to architecture and landscape, including his home and four miles of trails that he laid out across 75 acres at his estate, Manitoga, in Garrison, NY, in the east Hudson Highlands. The estate is a National Historic Landmark.

The trails at Manitoga are open to the public and in April of this year, the Trail Conference adopted them. They offer opportunities for moderate loop hikes of varying distances on the west-facing slopes as well as access to extended hiking on the Osborn Loop Trail and Appalachian Trail in the adjacent Hudson Highlands State Park. In summer there are pocket views of

Russel Wright applied his American Modern aesthetic to the trails at Manitoga.

the Hudson River.

The trails offer an interesting challenge for stewards: layout and maintenance must respect Wright's original intentions and design while adhering as closely as possible to Trail Conference guidelines for corridor width and height and blazing standards.

Wright envisioned the trails being hiked in one direction; trail blazes reinforce that intention by being single-color in one direction, and the same color but with a black dot in the reverse direction. Red, white, and blue trails are co-aligned, following a single path from the start, with first the red peeling off to a short, inner loop; then the blue, with the white trail extending up the hill to the state park boundary. Rock steps encountered along the trails date from Wright's time. "He was the original Jolly Rover," remarked Mary Dodds, our volunteer crew chief for the region, during a recent inspection hike there.

She recommends a route that follows the white trail clockwise (Wright's intended direction) up to Lost Pond, then the yellow trail over a ridge to the blue-blazed Osborn Loop. Turn right onto Osborn, then left for a short jaunt on the Appalachian Trail (white blaze); left on the yellow-blazed

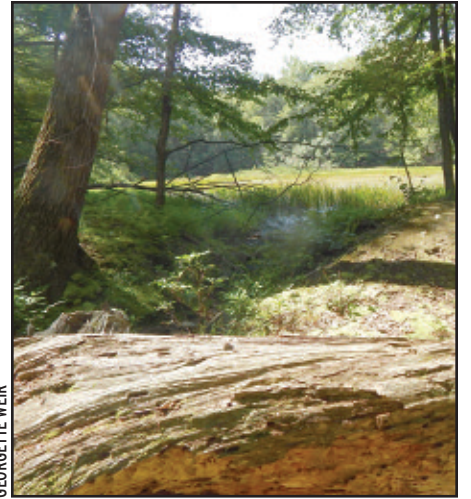
Curry Pond, back to the Osborn Loop trail. Turn right on the yellow connecting trail back to Lost Pond, then left and downhill, to complete the white-blazed route back to your starting point. On your way down, watch for a yellow-blazed side trail to the left, which you can follow to a viewpoint over the Hudson River.

Find a detailed description by Daniel Chazin of this 4.6-mile figure-8 hike on our website at [nynjtc.org/hike/manitoga](http://nynjtc.org/hike/manitoga).

Hikers are welcome daily, during daylight hours. Admission: suggested contribution of \$5.00 per person; Manitoga members, free. The house and studio may be visited on ticketed tours.

Enjoy a picnic while hiking; carry in-carry out. Pets are welcome if kept on a leash. Please note that visitors not on a ticketed tour may view the house and studio from the view spot at the base of the Quarry Pond but are asked not to enter the Quarry Pond path, reserved for guided tours.

Manitoga volunteers were among those who participated in an Intro to Trail Maintenance workshop at the site, and plans are in the works for a new Hudson Highlands



GEORGETTE WEIR

Curry Pond is a grassy wetland.

Trail Crew that will assist with trail projects at Manitoga and the trail network to which it connects. New volunteers are invited. Watch our website and E-walker newsletter for details.

Find more information about Manitoga on their website: [russelwrightcenter.org](http://russelwrightcenter.org).



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