



### Frozen Frogs Underfoot

Wood frogs and peepers can freeze solid and live to sing again. How do they do it?

READ MORE ON PAGE 7 ▶



### Hiking without Pain

Know how to avoid heel spurs, ankle sprains, and shin splints.

READ MORE ON PAGE 11 ▶



# TRAILWALKER

January/February 2010

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

www.nynjtc.org

## Volunteer Profile Bob Messerschmidt Maintaining 4 miles of trail for 50 years



ROBERT JONAS

Bob Messerschmidt accepts the Extra Mile Award from Estelle Anderson, Central Jersey Trails Co-chair.

Bob Messerschmidt of Bridgewater, NJ, is a quiet man. Not one to call attention to himself. He sees something that needs doing, and does it. Sticks with it over the long term. Like working as an engineer for the Bell system through all of its manifestations over the years until his retirement. Like maintaining 4 miles of the Posts Brook Trail in New Jersey's Norvin Green State Forest for 50 years. Like giving to the Trail Conference, making contributions above and beyond his dues and volunteering for the past 25 years.

A long-time hiker, Bob was introduced to trail work some 50 years ago when the Trail Conference asked his club, then the Somerset County Hikers, to maintain the Posts Brook Trail. He was among the club members who took on the job. He continued as the trail's maintainer when the club disbanded in the early 1990s. "It's a beautiful trail," Bob says, "wooded, relatively moderate in terms of difficulty, but with some ups and downs. It's a joy to hike on it. I enjoyed maintaining it very much."

Now age 77, Bob decided in 2009 that it was time to "hang up my loppers." But that didn't last long. Bob Jonas, Central Jersey Trails Co-chair, persuaded him to help out another maintainer in the region. Jonas reports: "Instead of dropping out of sight, Bob

*continued on page 10*

Volunteer Bob Messerschmidt was given the Trail Conference's Extra Mile Award in 2009.

For the full list of awards announced at the October Annual Meeting, and profiles of the recipients, turn to page 7.

## New AT Boardwalk Being Built Over Great Swamp in Pawling

By Jim Haggett, Chair, Dutchess/Putnam AT Management Committee

A new Appalachian Trail boardwalk project in our region began as do many trail projects: with a deluge. From near Rt. 22 and the AT train stop on the Metro-North Harlem line in eastern Dutchess County, the AT traverses the Great Swamp on a 50/50 combination of a regular dirt footpath and wooden puncheon before reaching a bridge that spans the Swamp River. (Puncheon is a walkway in which boards or logs are parallel to the trail and are supported by sills that rest on the ground.) The Trail parallels Hiller Brook for a good part of this 1600-foot distance.

For 20 years this arrangement worked without incident.

Then, during the week of October 8, 2005, an almost unimaginable amount of rain—approximately 15 inches—poured onto the area! The flow of all this water in

Hiller Brook carried with it silt from the surrounding hillside. The silt accumulated, greatly restricting the brook's flow and, in the years since, causing it to frequently spill over and flood the AT.

15 inches of rain during one week in 2005 upended trail conditions and a crossing that had worked for 20 years.

A number of local volunteers headed by Frank Dogil, Jane Geisler, and Ollie Simpson instituted various (no cost) measures

over the past four years in an effort to mitigate the now common flooding of the trail. Cinder blocks were placed to serve as stepping stones, but they were engulfed by the soft earth. Additional puncheon was built using donated wood; however it was a constant battle to keep it in place during periods of intense flooding. A long-term solution was needed.

Very early on the Dutchess-Putnam AT Management Committee and others from the Trail Conference began planning a solution in coordination with Bob Sickley, associate regional representative for the Appalachian Trail Conservancy, and Davis Reus, from the National Park Service's Appalachian Trail Park office. Drawing upon experience at other locations along

*continued on page 5*

## Three-Hike Series Explores the Shawangunk Ridge Trail

The Trail Conference teamed up with member club Mid-Hudson ADK to offer a series of three hikes in October and November that together covered most of our 40-mile Shawangunk Ridge Trail (SRT) project. The goal was to expand awareness of this special trail and the planning and work required to create and maintain it. The hikes were open to Trail Conference members, ADK chapter members, and the general public; 21 individuals participated in one or more of the section hikes (not including the leaders).

Georgette Weir and Jean-Claude Fouere, members of both the Trail Conference and ADK, coordinated the series with support from SRT volunteers Andy Garrison (SRT trail supervisor) and Jakob Franke (Long Path South Trail Chair).

The SRT was conceived by the Trail Conference in 1989 as a ridge-top trail corridor connecting High Point State Park in New Jersey with Minnewaska State Park Preserve in New York. Since then Trail Conference volunteers and staff have worked tirelessly to protect open space on the Shawangunk Ridge, build the trail and connect it to other trails in the region, and recruit maintainers and other volunteers to keep it open for the public.

The project has been supported by partners that include the Open Space Institute,



GEORGETTE WEIR

Jakob Franke (left), Long Path South Supervisor, and Andy Garrison (second from right), SRT Supervisor, helped introduce the Shawangunk Ridge Trail to hikers this past fall with a hike series planned with Mid-Hudson ADK, a Trail Conference member club.

Trust for Public Land, The Nature Conservancy, and the Land Trust Alliance. Portions of the trail remain to be protected or located off roads and into natural areas.

Our three hikes gave us a good sense of the rugged beauty and diversity of this fabulous trail. Hikers interested in exploring the Shawangunk Ridge Trail on their own can download maps of the trail on our website at [www.nynjtc.org/region/shawangunk-ridge-trail](http://www.nynjtc.org/region/shawangunk-ridge-trail). Information about the trail is also included in the *Long Path Guide*, though some relocations have been made since publication of that book. Infor-

mation about some of these updates can be found at the above-mentioned web page (check the comments section).

*The Trail Conference hopes to offer guided hikes on new, relocated, and improved trails in the future. Watch our website and E-Walker, our electronic newsletter, for details. To sign up for E-Walker, send your email address, with a note that you want to be on our email list to: [info@nynjtc.org](mailto:info@nynjtc.org).*



A plaque memorializes one of the SRT's early volunteers, Jack Hennessy.



The SRT passes through the scenic Basha Kill Wildlife Management Area

# TRAIL WALKER

VOLUME XXXVII, No. 1 JANUARY/FEBRUARY 2010

GEORGETTE WEIR EDITOR  
LOUIS LEONARDIS GRAPHIC DESIGNER

The TRAIL WALKER (USPS Permit #1239) (ISSN 0749-1352) is published bi-monthly by the New York-New Jersey Trail Conference as a benefit of membership. Subscriptions are available to libraries only at \$15.00 a year. Periodical postage paid at Mahwah, N.J., and additional offices. Postmaster: Send address changes to the address below. Opinions expressed by authors do not necessarily represent the policy or position of the Conference. Contributions of typed manuscripts, photos, and drawings are welcome. Manuscripts may be edited for style and length. Send SASE for writers' guidelines. Submission deadlines for the TRAIL WALKER are January 15 (Mar./Apr. issue), March 15 (May/June issue), May 15 (July/Aug. issue), July 15 (Sept./Oct. issue), September 15 (Nov./Dec. issue), November 15 (Jan./Feb. issue). Unsolicited contributions cannot be acknowledged unless accompanied by SASE. For information on advertising rates, please write or call.

Copyright 2010 by:  
New York-New Jersey Trail Conference, Inc.  
156 Ramapo Valley Road (Rt. 202)  
Mahwah, NJ 07430  
201-512-9348  
e-mail: info@nynjtc.org  
editorial e-mail: tw@nynjtc.org  
World Wide Web: www.nynjtc.org



### 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.

### Board of Directors

Robert Boysen	Chair
Chris Connolly	Vice Chair
James Gregoire	Treasurer
Daniel Chazin	Secretary

### Directors

Jane Daniels	Hans Khimm
Bill Gannet	Seth McKee
Josie Gray	Edward Saiff
Ann Gruhn	Mary Smart
Gaylord Holmes	Daniel Van Engel
Peter Kennard	

### Staff

Edward Goodell	Executive Director
Joshua Howard	Deputy Executive Director
Hedy Abad	Membership Program Manager
Jeremy Apgar	Cartographer
Leigh Draper	East Hudson Regional Representative
Catherine Gemmell	Volunteer & Information Manager
Jennifer Hezel	Development Associate
Chris Ingui	Special Projects Manager
Larry Wheelock	West Hudson Regional Representative
Gary Willick	Fulfillment Coordinator

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.

printed on recycled content paper

PLEASE RECYCLE TRAIL WALKER

Visit our new site today!  
[www.NYNJTC.org](http://www.NYNJTC.org)



## A Relationship Gets Set in Stone

### Appalachian Trail Conservancy sends volunteers and crew leaders to Bear Mountain

By Chris Ingui

Since 2006, Trail Conference volunteers led by a group of professional crew leaders from around the country have been building a 1000+ step granite staircase up the east face of Bear Mountain. From March through November, teams have been splitting, shaping, and flying rock, transforming the boulder-ridden terrain into the most technically constructed stretch of the entire Appalachian Trail.

In September and October, and for the third consecutive year, we welcomed additional volunteers and crew leaders supplied by the Appalachian Trail Conservancy.

The Bear Mountain Trails Project is made possible by several essential partners, among them the Palisades Interstate Park Commission and New York State Office of Parks, Recreation and Historic Preservation. Yet the Appalachian Trail Conservancy (ATC) stands in a unique position alongside the Trail Conference as a project partner, reliably supplying volunteers and funding since construction began. To date, contributions of over \$500,000 from ATC/National Park Service (the AT is a unit of the National Park system) have helped make it possible for trail volunteers from all over the country, both novice and experienced alike, to obtain free training in advanced stone work.

Pat Yale and Neal Watson, ATC veterans with more than 25 years of experience combined, explained during this season's visit, "We like to do rock work. The technical nature of the work on this project is unlike



ATC Volunteers Ron Cordts and Neal Watson get ready to fly a rock down a highline.

any other on the AT... it's very challenging."

The search for something different is a common reason cited by many individuals who have come out to volunteer on Bear Mountain. Ten-year ATC volunteer and AT thru-hiker Noland Hisey agreed, "I enjoy the stone work and learning the techniques involved in moving and shaping these 'formal steps and walls.' It's much different from our usual crib walls. It's interesting to see what can be accomplished with picks, cables, and bars, turning a rocky hillside into a walk in the park."

This year's ATC work trip brought a total of 13 volunteers and two crew leaders to the worksite over a period of four weeks.

### Regional Rep Joins Staff

The Trail Conference welcomes Leigh Draper of Peekskill, NY, as our new East Hudson Regional Representative. Leigh brings extensive management in outdoor programming to the Trail Conference, most recently with the Student Conservation Association (SCA).

At SCA in 2009, Leigh served as New York Green Corps Director, a temporary assignment to administer a stimulus program across New York State that involves over 200 young people participating in trail crews in state parks and moving into a green jobs training program. Previous positions with the SCA included New York AmeriCorps Director (2003-2007), and Hudson Valley Program Director (2002-2003). Concurrently, Leigh served as Logistics Manager for New York City Outward Bound.



Appalachian Trail Conservancy Crew Leader Adam Daniel hammers wedges to split a rock at Bear Mountain.

Working alongside the project's professional staff and Trail Conference volunteers, they amassed more than 1,000 work hours, building close to 100 square feet of crib wall and 10 stone steps. The work, as with all construction on the project, started from scratch.

ATC volunteers new to trail work were trained immediately in stone splitting and highline operation; with these skills, first-time volunteers were creating five-foot-long granite stairs and flying them down the mountainside. These efforts fueled the construction down below, where ATC crew leaders and veteran volunteers landed the stone and transformed the once raw rock into wall and staircase.

On National Trails Day, Saturday, June 5, 2010, we will celebrate the grand opening of one 800+ step section of the new Appalachian Trail on Bear Mountain. (Save



ATC volunteer Sean Kuvin splits a rock to create a step.

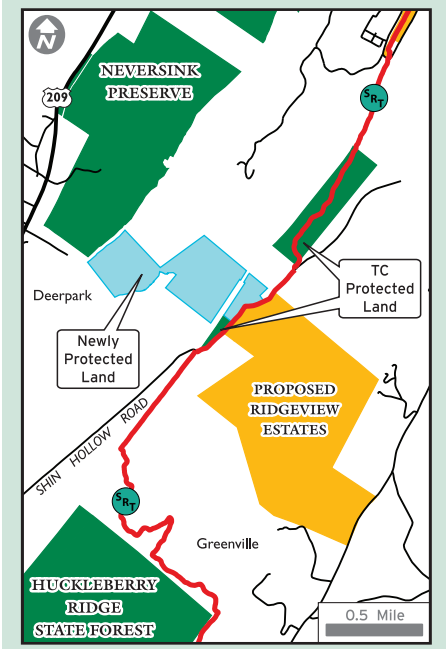
the date, and plan to join us.) The ATC's support has been a unique and integral part of this multi-partnered accomplishment. ATC volunteers Yale and Watson agreed, "It's amazing how much can be accomplished by a group of dedicated people working toward a common goal."

*Interested in volunteering at the Bear Mountain Trails Project? Email the crew leaders at [bearmountaintrails@gmail.com](mailto:bearmountaintrails@gmail.com)*

*Chris Ingui is the Trail Conference Regional Representative for Bear Mountain State Park as well as a crew leader for the project.*

### CORRECTION:

The map published in the November/December 2009 issue of *Trail Walker* on page 1 showing newly preserved land along the Shawangunk Ridge included an incorrect label for a proposed development parcel. The correct label, Ridgeview Estates, is shown on the map here. It is adjacent to a 129-acre undeveloped parcel (in blue) that was preserved last summer by Orange County thanks to the vigilance of Trail Conference volunteer Andy Garrison. See the page one story in that issue for details.



From 1993 to 2002, Leigh was Director of Adventure Programs at Frost Valley YMCA in Claryville, NY, where her duties included managing more than 37 Km of multiuse trails serving more than 30,000 users annually.

Leigh is a Wilderness Education (WEA) Association Certified Outdoor Leader, completed the WEA National Standard Program Instructor Course in 1995, and is a NYS Licensed Guide.

Leigh earned a B.S. in outdoor education and a minor in music performance in 1988 from Murray State University in Kentucky, her home state.



**From the Executive Director**



**90 Years of Trail Magic**

October 19th, 1920: On that evening 90 years ago, Major William Welch, the first general manager of the fledgling Palisades Interstate Park Commission (PIPC), met with leaders of New York area hiking clubs in the rooftop “Log Cabin” at the Abercrombie & Fitch building in Manhattan. Harriman Park had recently been donated to PIPC, but Major Welch had no budget for improvements, so he enlisted area hiking clubs to develop a marked system of trails for the public to enjoy.

The clubs voted to join together in a Trail Conference to work cooperatively with PIPC to “develop trails and shelter systems” covering not only the park but “regions contiguous thereto with the power to invite other groups to join.” Thus was born the New York-New Jersey Trail Conference. Immediately, its members got to work.

A few months later in the spring of 1921, the group’s members could proudly point to the newly built 24-mile Ramapo-Dunderberg Trail. It remains one of the most popular trails in the park today.

A year later, Trail Conference members were gathered again, this time to hear Benton MacKaye’s proposal to build a trail along the Appalachian mountain chain as a refuge from “the shackles of commercial civilization.” By early 1924, 20 miles of Appalachian Trail crossed Harriman and Bear Mountain parks. By 1930, all 160 miles from the Delaware Water Gap to Connecticut were complete.

Our predecessors were ambitious, hard-working people. They bestowed to us trails that we continue to enjoy today, an ethic of trail volunteerism, and a model of partnering with public agencies to get trail work done

and lands opened up for public enjoyment. In 90 years, none of this has changed. Personally, I think the phenomenon that is the Trail Conference is a bit of a miracle: more than 1,600 people from across 20 counties in two states each year build, maintain, and protect more than 1,700 miles of trails and 38 shelters, and, through our map, book and web publications, help

for the outdoors experience. Long-distance hikers often cite the trail magic of unexpected acts of generosity encountered along their route—gifts of food, rides, or shelter, for example. I think of the Trail Conference as one big, perpetual exercise in trail magic—our volunteers ensure that hikers of all levels have access to quality outdoor experiences.

have done outstanding and inspiring work on this trail section with additional support from our partners at the Appalachian Trail Conservancy, PIPC, the National Park Service. Join us on June 5 and prepare to have a great time! (See the ad on this page.) In October, we will officially mark our 90th anniversary at our annual meeting. All Trail Conference members are invited to attend. Watch future issues of this newsletter for details.

Throughout the year, I will be asking myself and Trail Conference supporters, “Where do you think the Trail Conference should be in our 100th year and what are we going to need to do to get there?”

To prime the pump, I’ll tell you that my vision is for the greater New York area to have the best trail system of any major metropolitan area in the nation. I confess that I am not exactly sure how one could measure or compare different trail systems. But I’m certain that the learning and innovation involved in comparing ourselves to others and striving to be better while remaining unique would be good for us and our trail users.

If you have thoughts about this, I invite you to contact me directly: [goodell@nynjtc.org](mailto:goodell@nynjtc.org).

— Edward Goodell  
Executive Director



the public access and enjoy these trails and open space throughout our region. They are supported by more than 7,000 individual members and 100 member organizations. Most of these people never meet each other, even though they are working for a common cause.

The whole improbable but enduring arrangement begs the question of what holds it all together and keeps it going. My best answer: trail magic—generosity offered by people of good will and a pas-

Think of it: through the transformative power of your membership and volunteerism, you are a trail magician.

We plan to prominently celebrate and display the results of Trail Conference “magic” this year. On June 5 at Bear Mountain, we will mark the opening of a major piece of our Bear Mountain Trails Project: the reconstructed section of the Appalachian Trail on the east face of the mountain. Volunteers from around the country and professional trail crew leaders

“I think of the Trail Conference as one big, perpetual exercise in trail magic”



**Saturday, June 5, 2010: National Trails Day**

**Save the Date**  
and be among the first to climb 800+ hand-hewn rock steps on the way up the Appalachian Trail on Bear Mountain!



We will celebrate the reconstruction of the original section of the Appalachian Trail!

Bring your family and friends. Make it a club outing.

Save the date and plan to join us. No excuses.

Watch for details in the next *Trail Walker* and on our website starting in March.

The Bear Mountain Appalachian Trail step project as it appeared in the spring of 2009. This reconstructed section of the trail will open on June 5 with a celebration. Watch for details.



EDDIE WALSH

## Conservation & Advocacy News Notes

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

### NEW YORK

#### Officials Consider Land Acquisition Moratorium

As this issue went to press, Albany lawmakers were considering another raid on the Environmental Protection Fund (EPF) and a moratorium on all open space acquisition as two steps in their belated moves to balance the state's budget.

The need to balance a budget is understandable, but barely 1% of New York State's revenues are allocated for environmental purposes, an amount that already

income for open space protection. Even though the EPF has this dedicated source of funding, nearly \$500 million has been diverted over the years to unrelated uses, with a promise that it will be repaid.

We are deeply troubled by proposals to cut environmental spending in New York. Protecting open space, including working landscapes like farms and forests, protects jobs, safeguards drinking water, and forms the foundation of the State's significant tourism industry. Perhaps most important, it provides low-cost, close-to-home recreation and renewal opportunities for

mountain land bordering Sterling Forest State Park between the villages of Sloatsburg and Tuxedo Park. The project would be situated on a pristine portion of the sole-source Ramapo River Aquifer, and on terrain which has unique biological and archeological importance.

The property contains at least four, possibly five, state regulated wetlands, federal wetlands, and vernal pools which support several special concern species, including a particularly large population of marbled salamanders. While the Reserve's Environmental Impact Statement found no timber rattlesnakes on the property, a crew of laborers working there not only found one, but they cooked it and ate it!

The proposed amendments include moving a neighborhood of 49 units and a clubhouse into a sensitive area between two state wetlands, which would block a known wildlife corridor and eliminate an additional 96 acres of unfragmented forest.

Wilson is inviting all interested individuals and groups to join in a coalition, much like that which saved Sterling Forest, and later stopped the Sterling Forge Estates development (the "doughnut hole"), to work to stop this project and eventually purchase the land as an addition to Sterling Forest State Park.

Additional information on Related's application can be downloaded from the town website at [www.tuxedogov.org/TuxedoReserve.htm](http://www.tuxedogov.org/TuxedoReserve.htm). Wilson can be contacted at [thos.wilson@gmail.com](mailto:thos.wilson@gmail.com).

—Patsy Wooters  
Chair,

Torne Valley Preservation Association  
Trail Conference member group



In 2007 and 2008 Trail Conference volunteers cleaned up land along the Shawangunk Ridge in preparation for transfer to New York State. The transfer has not yet happened.

is drastically below the national average. The proposals circulating in Albany will result in a disproportionate cut to land acquisition that will not significantly impact the deficit.

Past raids on the EPF have created a backlog in projects, including \$2 million in land being held for the state by the Trail Conference. If the state does not make good on these transactions, we may have to sell these lands on the open market.

Created in 1993 as New York State's first permanent, dedicated environmental funding mechanism, the EPF supports capital projects and programs aimed at protecting water and air quality, conserving vital agricultural lands and open space, and promoting public access, education, and historic preservation.

The primary revenue source for the EPF is New York's 2% Real Estate Transfer Tax (RETT). This makes a lot of sense—real estate development produces

millions of New York residents. This is especially important in these difficult times.

#### Development Proposal Next to Sterling Forest Seeks Plan Changes

Tom Wilson of the Tuxedo Land Trust has opened a Legal Defense Fund to challenge decisions of the Tuxedo Town Board regarding Related Companies' application for a revised special permit for Tuxedo Reserve. The long-term goal is conservation of these 2,300 acres. While the project received approvals in 2004, it was never built, and the project sponsor is back before the town board seeking major amendments. It is believed that without approval of these amendments, the original approved plan is unworkable.

Tuxedo Reserve would entail construction of 1,196 residential units, 103,000 square feet of clubhouses and amenities, and 33,000 square feet of retail on rugged

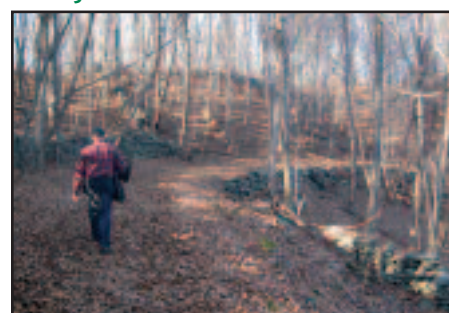


## Trail News

### Beware Illegal Parking in Sloatsburg

The Trail Conference alerts all hikers that even short-term parking is forbidden in the municipal lot located behind the hardware store on Route 17 and Mill Road just west of the railroad tracks in Sloatsburg. As the law stands the police have no choice: violators will be ticketed and towed. Residents pay a fee to use this lot and a local business has complained vociferously. **The parking ban includes short-term parking while waiting for the arrival of bus passengers as well as longer term parking.** The police are working with the town in an attempt to define an allowable parking place.

### New State Park Dedicated Along Hudson River



Trails in the new Franny Reese State Park in Ulster County connect with the newly opened Walkway Over the Hudson Historic State Park.

Franny Reese State Park was dedicated October 26 as the newest unit in the New York State park system. Located immediately south of the Mid-Hudson Bridge on the west side of the Hudson River in Ulster County, Franny Reese S.P. connects to the Walkway Loop Trail and so is accessible not only by car, but by train and a walk across either the new Walkway Over the Hudson Historic State Park or the Mid-Hudson Bridge. (For directions and a hike description, please turn to page 12.) The park comprises 249 acres and 2.5 miles of trails. Though owned by New York's Office of Parks, Recreation and Historic Preservation, the park is managed by Scenic Hudson. You can find more information about the park on our website: [www.nynjtc.org](http://www.nynjtc.org)—Go Hiking tab—Find a Park—Franny Reese State Park.

# What the West Jersey Trail Crew Did in 2009

In 2009, the West Jersey Crew was busy! In the course of their spring and fall seasons, the crew constructed 660 feet of sidehill tread, built 36 waterbars, installed 99 rock steps, built 12 square feet of retaining wall and 10 feet of turnpiking, cleared more than one-half mile of new trail, and removed 6 downed trees.

These efforts improved trails in parks throughout west (and central) New Jersey: in Norvin Green State Forest, Jenny Jump State Forest, Worthington State Forest, and Stokes State Forest, and in a new township park in Byram Township.

Thank you to everyone who was part of the West Jersey Crew in 2009: Estelle Anderson, Jack Baccaglioni, Ian Blundell, Bob Jonas, Joan Teresa Lyons, Paul Makus, Kieu Manes, Mike Manes, Gay Mayer, Debbie Maynard, Rachel Maynard, Chet Morris, Lee Mott, Rich Pace, Steve Reiss, George Lee Roberts, Jeff Roggenburg, Chuck Rood, Shawn Smith, Hsin-Chien Tai, Bill Taggart, Linda Taggart, and Gary Willick.

And thank-you also to our New Jersey Dept. of Environmental Protection partners at the state parks, who unlock gates for us, let us borrow their tools, let us use their facilities, let us store our stuff in their yards, and enthusiastically support our work.

The West Jersey Crew will start work again in mid-April 2010. If spending the day with people passionate about trail work, working hard, getting dirty, and hiking out at the end of the day on a trail that you just transformed is something that appeals to you, please contact us—or just come join us in the spring! (You'll never look at a hiking trail the same way again!)

—David & Monica Day  
Leaders, West Jersey Crew

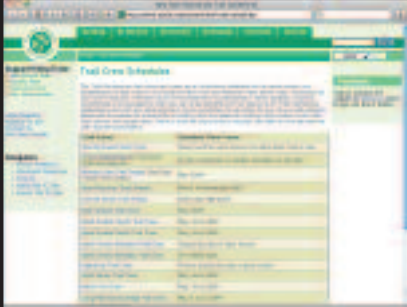


West Jersey Crew volunteers Bob Jonas (left) and Steve Reiss clear a blowdown in Norvin Green State Forest with a crosscut saw.

# Trail Crew Schedules

January – February 2010

Most of our trail crews have schedules much like those of wood frogs and spring peepers (see page 7). They are snuggled in for winter and will emerge on trails come warmer temperatures. The exceptions are listed below.



Check our website for possible additions or changes to schedules. Go to [www.nynjtc.org](http://www.nynjtc.org) and click on Trail Crews in the Get Involved tab.

TBD = To Be Determined

For all trips bring work gloves, water, lunch, insect repellent. In some cases, tools are provided. Contact leaders in advance for meeting times and places.

## NORTH JERSEY WEEKEND CREW

Leader: Sandy Parr, 732-469-5109

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

## HIGHLANDS TRAIL CREW

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

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

## METRO TRAIL CREW

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

Sturdy work boots or other hiking footwear is mandatory. All participants must sign in to perform trail work. **RSVP is a must.**

Please contact Linda Sullivan, Metro Trail Crew Chief, in order to receive email notices of work outings, or check the Metro Trail Crew page on the Trail Conference website.

## EAST HUDSON CREWS

**Ward Pound Ridge Weekly Trail Maintenance Trips**  
TBD Check the Trail Crew page on the Trail Conference website.  
Leader: WPRR Trail Maintainer wprtrailmaintainer@gmail.com  
Meet: 9:30am at the Trailside Nature Museum Ward Pound Ridge.

Ward Pound Ridge volunteer trail maintainers meet weekly year round. If you would like to be put on their email list for notifications, contact WPRR Communications Coordinator, wprtrailmaintainer@gmail.com or view the East Hudson Trail Crew webpage at [www.nynjtc.org](http://www.nynjtc.org) for more information and the schedule.

## BOARDWALK

continued from page 1

the Appalachian Trail, including Pochuck in Vernon, NJ, we determined that the best solution to crossing the Great Swamp would be to construct a boardwalk. A boardwalk rests upon helical piers and is designed to raise the treadway above the 100-year flood level. It is environmentally noninvasive and offers the potential for future access by those with disabilities. The big downside is cost.

Fortunately, a generous grant for the purchase of needed wood and fasteners was secured from L.L. Bean's Grants to Clubs program. Unused piers from the Thundering Falls project in Vermont were made available and transported to the Pawling site. The net result of this confluence of resources was that we were able to begin work on the project this past fall and begin laying the plans to undertake the bulk of the work in 2010 and possibly into 2011.

On a Thursday late in October, Bob Sickley and eight Mid-Atlantic ATC crew

members arrived at the work site, and, with the assistance of a number of local volunteers, built 100 feet of boardwalk over a long weekend.

On Friday the ATC crew was joined by eight "locals," and like clockwork, things began to happen—piers were moved to the work site, wood for joists and girders was delivered, professional trail builder Peter Jensen (familiar to volunteers on the Bear Mountain Trails Project) arrived with the pier driver and stayed the rest of the day to train people in its use, and lastly the oak decking was delivered. In a synchronized dance, material was efficiently moved, allowing time before day's end for three pairs of piers to be set. It was found that the piers had to be driven 20 feet below grade to obtain a stable footing.

Saturday brought a steady rain resulting in a work washout. A concerted effort by all on Sunday and Monday resulted in meeting our goal for 2009: 100 feet of new boardwalk.

Next spring we will start the much more sustained and ambitious work of building the rest, 1200-1500 feet of new boardwalk. The construction is anticipated to extend over a number of months and a steady pool of volunteers will be needed. Further information will be forthcoming on the Trail Conference's website. Plan now to be part of this exciting project.



BOB HAAS

Frank Dogil joined the crew of local volunteers



JIM HAGGETT

The problem: water takes over the AT.



JIM HAGGETT

Interim solution: stepping blocks



JIM HAGGETT

100 feet of new boardwalk extends across the Great Swamp in Pawling. Another 1200-1500 feet is scheduled to be built in 2010.



TED MARTELO

Members of the Appalachian Trail Mid-Atlantic Crew pose on the first completed section of boardwalk. The Dutchess/Putnam AT Committee plans to resume work in the spring. Watch for details and plan to help with this exciting project.

2009 / 2010  
**banff mountain film festival world tour**

Presented by:  
NATIONAL GEOGRAPHIC

[www.banffmountainfestivals.ca](http://www.banffmountainfestivals.ca)

## Coming to our area in March!

Two locations:  
New York City & Rockland County/Northern New Jersey  
See exciting films on mountain themes from around the world.

VISIT SPONSOR TABLES, WIN GREAT RAFFLE PRIZES & SUPPORT THE PROGRAMS OF THE NEW YORK - NEW JERSEY TRAIL CONFERENCE

Wednesday, March 3, 7pm  
Suffern, NY – Lafayette Theater

Sponsors: Leki, Ramsey Outdoor, NJ Rock Gym, Mirror Lake Inn Resort & Spa

Monday, March 8 and  
Tuesday March 9, 7:30pm  
New York City – Peter Norton  
Symphony Space

Programs on March 8 and 9 are entirely different.

Sponsors: Gore Mountain, Leki, Paragon Sporting Goods

Find ticket information, film lists, and directions, at [www.chestnutmtnproductions.com](http://www.chestnutmtnproductions.com) click on "Banff Mountain Film Festival"

Tickets for Suffern, NY will be available at all Ramsey Outdoor locations and at [www.ramseyoutdoor.com](http://www.ramseyoutdoor.com)  
ADULTS: \$16.00/STUDENTS: \$12.00 • DAY OF SHOW: \$19.00/\$14.00

**Trail Conference members can take advantage of exclusive discounts and benefits with participating retailers and businesses!**

**You can recoup the cost of your membership in one visit!**



**NY-NJ Trail Conference BENEFITS**

The Trail Conference is proud to offer a Membership Benefit Program, which was created to provide our members with money-saving discounts at area retailers and service providers – **benefits only available to Trail Conference members.**

As part of your Trail Conference membership, you are issued a card identifying you as a Trail Conference member, making you eligible for all program discounts. To receive your member discounts, you must present your valid membership card at the time of purchase. Some stores offer the discount only on select items, so be sure to ask.

We encourage our members to take advantage of this incredible opportunity that comes with a Trail Conference membership. New discounts and offers are continually being added so be sure to visit our website's membership benefits area at [www.nynjtc.org/content/retail-partners](http://www.nynjtc.org/content/retail-partners) for current offers.

**25% Discount** on Trail Conference publications and clothing when purchased directly from the Trail Conference.

**FREE Subscription** to the *Trail Walker*, the Trail Conference's bi-monthly newsletter filled with timely articles and columns that will enhance your hiking experiences.

**Money-Saving Discounts** at participating retailers and businesses.

**Workshops and Seminars** on trail maintenance and construction, leadership training, wilderness first aid, chainsaw operation, environmental monitoring and GPS operation.

**Volunteer Opportunities** to "learn by doing" in areas as varied as trail maintenance, construction, publications, environmental monitoring, and cartography.

**Access to the Hoeflerlin Library** at the Trail Conference office that includes more than 1,000 books on hiking round the world, along with maps, guides and a historical archive.



**Some of Our Discount Partners**



**VISIT [WWW.NYNJTC.ORG/CONTENT/RETAIL-PARTNERS](http://WWW.NYNJTC.ORG/CONTENT/RETAIL-PARTNERS) FOR COMPLETE LIST OF MONEY-SAVING DISCOUNTS!**

**Volunteer Classifieds: Get Involved!**

Follow through with that New Year's resolution to get involved, and at the same time have fun doing something you enjoy for the trails that you love!

**TRAIL WORK FROM THE COMFORT OF HOME**

**Web Support Opportunities**

We are building our team of volunteers to support and enhance our website's capabilities. If you would like to volunteer for **a few hours each month or more**, sign up now! Much of the work can be accomplished from your home computer and on your own schedule.

**Openings exist in the following areas:** assistant webmaster, web developer, content manager, analytics maven, CRM database lead, web writer. See our volunteer openings postings on our website for additional details.

**BECOME A TRAIL VOLUNTEER!**

**Trail Maintainer Opportunities**

Adopt one or more sections of a trail to keep clear and adequately blazed two or more times a year, and help to keep our region's footpaths accessible, pristine, and protected. We have vacancies in the following areas:

**NEW YORK**

**North Catskills region:** Only 4 trail sections remain, ranging in length from 0.60 mile to 2.85 miles

**South Catskills region:** 8 trail sections are available, from less than 1 mile to almost 10 miles

**East Hudson:** A variety of trail sections is now available for adoption in the South Taconics and Westchester.

**Long Path or Shawangunk Ridge Trail:** Maintain a section of a long-distance trail in Harriman State Park or in the Shawangunks!

**Harriman-Bear Mountain State Park:** 5 trail sections are available, ranging from easy to moderately difficult.

**Black Rock Forest:** In the breathtaking Hudson Highlands, adopt one or more of the seven sections currently available. These are short sections, the longest being 1.5 miles.

**NEW JERSEY**

**High Point State Park, Highlands Trail, Ringwood State Park areas:** Beautiful parts of New Jersey with beautiful trails. We have a variety of sections so you'll be sure to find one to suit.

**Corridor Monitors**

Corridor Monitors walk the boundaries of the Appalachian Trail lands, reporting incursions and misuse, documenting monuments and markers, and interacting with neighboring landowners.

If you enjoy the off-trail experience, then this could be the opportunity for you! At the time of going to press, we still have some vacancies for Corridor Monitors in the **Northern NJ/NY border and Putnam County, NY areas.** This is a great way to get off the beaten track and walk off those holiday pounds, while you help protect our trail lands!

**Join a Trail Crew!**

Crews perform a wide variety of tasks ranging from painting blazes, heavy-duty maintenance to trail building and restoration. Our Trail Crews welcome both new and experienced volunteers. Learn on the job. Participation on a crew is flexible; most crews spend from 3 to 8 hours—weekdays or weekends—working at a specific site. We have crews working on trails in West Hudson, East Hudson, Northern New Jersey, and Western New Jersey.

**Trail Crew Leader Wanted**

Exercise your leadership skills! Work with regional Trail Chairs and Trail Supervisors to lead Trail Crew trips throughout the **East Hudson** area. Determine the work schedule, help identify and plan projects, build your team of volunteers, and mentor new leaders.

*These are just some of the great volunteer opportunities the Trail Conference has to offer. To apply, or for more details about these and other volunteer opportunities, go to the Volunteer section of our website at: [www.nynjtc.org/volunteer](http://www.nynjtc.org/volunteer) or contact us at [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org) or 201-512-9348 ext. 22*

**\* TRAIL REFLECTIONS \***

**Attention All Trail Stewards: Maintainers, Crew Members, Monitors, etc:** Have you enjoyed a good day on the trail while doing maintenance? Share your experience with words or a photo. Send your contributions to *Trail Walker* editor Georgette Weir at [tw@nynjtc.org](mailto:tw@nynjtc.org).

**The Difference a Day Makes**

By Ollie Simpson

I enjoy working on the Appalachian Trail, especially "my" section in Dutchess County, NY. I'd like to share with you some work recently completed that was spread over several weeks in September. On each of these days, I was joined by a volunteer who was available for one day of work. Each work day ended with my partner and I sharing the feeling of a job well done since we accomplished the goals for that day.

Two wet, mucky areas on the Trail needed puncheon. My son, Robert Watson, was coming to visit and was willing to help with the work. That prompted me to quickly purchase the wood for both areas and to cut eight-foot long, 6"x6" pieces of pressure-treated lumber into two-foot lengths for supports.

**Project #1**

On my first day in the field, I used a large, two-wheeled carrier to cart 32 puncheon supports to the first project site, a half-mile south of the trailhead on Penny Road. Seven female day hikers helped carry some of them.

On his day of work, my son Robert helped bring in 16 of the 2"x8"x8' rough-sawn white oak planks that would be

placed on the supports. Transporting 16 planks required eight 1-mile round trips.

David Kinosky, an AT maintainer and frequent volunteer, helped bring in the other 16 on another day.

Sue Mackson, Mid-Hudson ADK outings chair, called me one Friday night to ask, "What are you doing tomorrow?" I told her that I planned to start building the

**Transporting 16 planks required eight 1-mile round trips.**

puncheon. She asked, "May I join you?" I was delighted. Together we built 75 feet of walkway. Her specialty was drilling the pilot holes and nailing the planks to the supports; mine was positioning the next supports.

I asked Frank Dogil, AT Corridor Manager and frequent volunteer, if he had some time available to help complete the project. On the agreed upon date, he and I completed the additional 55 feet of new puncheon and dismantled the old one.

**Project #2**

A wet stretch of the Trail between Old Rt. 55 and Whaley Lake Stream bridge needed

*continued on page 10*

## Science &amp; Ecology

## Frozen Frogs Underfoot

By Rick Lathrop

Hiking along on a woodland trail in the mid autumn, one might catch the glimpse of movement in the leaves. What was that? Ahhh, a frog. A quick grab and you've got it. A rich chocolate eye stripe reveals it is a wood frog, *Rana sylvatica*. Overcoming a strong urge to give it a quick kiss, you gently release it back into the leaves.

Later on you might hear the piping call of a spring peeper, *Pseudacris crepitans*. This diminutive tree frog, along with the more readily observed wood frog, spends most of its life in the upland forest. As cold weather approaches, these frogs don't burrow deep below the frost line, but take cover in the leaf litter on the forest floor and wait for the winter snows to cover them. Peepers have even been found overwintering under the loose tree bark.

Come a few warm days in early March, the peepers emerge and work their way down to congregate at a suitable woodland pool, "peeping" periodically to rally and gather the troops. More often than not, a breeding chorus of wood frogs (*Rana sylvatica*) may already be underway. With ice still rimming the pools and snowdrifts in the woods, it begs the question: Why do these frogs breed so early? If they spend the winter on land, how do they survive the freezing temperatures?

While wood frogs and spring peepers spend most of their lives foraging in upland forests, as with most amphibians they lay

their eggs in water. Wood frogs and peepers, however, generally breed in small, shallow depressions; filled by winter rains and snows, these vernal pools often dry by early summer. A key advantage of these temporary ponds is that they don't support fish and thereby the tadpoles avoid heavy predation.

In addition, by exploiting these ephemeral breeding pools larger areas of the landscape are opened up as potential habitat. Tadpoles, however, have only a short window in time to grow and mature. Consequently, to increase their chances for successful reproduction, peepers and wood frogs have evolved to respond quickly to warming spring temperatures. You snooze, you lose.

While green, bull, and other primarily aquatic frogs burrow down into the mud at the bottom of the pond to avoid freezing temperatures, peepers and wood frogs confront winter head on. Along with several other primarily terrestrial species such as the grey tree and chorus frogs, peepers and wood frogs are known to be "freeze tolerant." In other words, they regularly freeze solid and survive. But how?

The formation of ice crystals within a cell is generally lethal; as water in the cell freezes, jagged ice crystals form and expand, rupturing the cell membrane. When the tissues are thawed, the cell contents leak out, killing the cell. The key to freeze tolerance is controlled freezing. To preserve the integrity of the cell, freezing is promoted in the spaces outside the cell, rather than within. As temperatures plummet, the skin of these terrestrial frogs freezes first. The frog's liver responds by converting stored glycogen into glucose or glycerol, which is pumped into the bloodstream and transported to the frog's tissues. Inside the cells, the glucose acts as a cryoprotectant, much like the antifreeze one puts into a car engine, reduc-

*Rana sylvatica*, bigger than life

ing the likelihood that the interior of the cells will freeze.

Recent research has shown that as wood frogs start to enter their winter dormancy, organs and tissues go through a period of dehydration, helping to reduce the amount of water within their cells. Urea, a normal body waste-product and another potent cryoprotectant or antifreeze compound, also builds up in muscles and major organs, further protecting the frog against freezing injury.

Meanwhile, outside the cells, ice forms in the bloodstream and major body cavities. The heart and breathing stop, and the frog enters a state of suspended animation. Up to 65-70% of the frog's body water may be converted to ice, and they can survive days, if not weeks, of freezing. As temperatures warm above freezing, the frogs respond quickly. Within the space of several hours, they thaw and resume normal activity. If a late spring freeze hits, the frogs

can easily slip back into their frozen resting state without damage.

This incredible phenomenon of freeze-tolerant frogs has spurred scientists to look for insights into applications for human medicine. One potentially promising area is the search for better preservation methods to prolong the viability of organs donated for medical transplantation.

So the next time you are on a cold winter hike and the dangers of frostbite loom, think about those wood frogs and peepers frozen safe and sound somewhere under your feet. You might just want to turn into a frog.

*Rick Lathrop is professor of ecology at Rutgers University, Department of Ecology, Evolution, and Natural Resources.*



## AWARDS '09

At its 2009 Annual Meeting, the New York-New Jersey Trail Conference recognized and celebrated volunteers and partners for outstanding contributions to trail building, trail maintenance, and trail protection.

## WILLIAM HOEFERLIN AWARD

Honors exemplary service to trail maintenance/management/protection.

Two Hoeferlin Awards were presented this year.

## John Mack of Ramsey, NJ



John Mack

John is a retired engineer with a deep interest in archaeology, including Mayan archaeology and the remains of iron mines in our region. His stellar public service includes laying out the Hasenclever Iron Trail in Ringwood and Long Pond Ironworks State Parks, designing the Popolopen Gorge bridge on a popular hiking trail in Bear Mountain State Park, building the Wildcat Mountain Trail in Sterling Forest, and managing the production of trail maps for Sterling Forest State Park and Bear Mountain-Harriman State Parks in New York. John currently volunteers as West Hudson South Trails Chair for the Trail Conference, a position from which he oversees volunteer trail maintainers and trail needs in Sterling Forest, Harriman-Bear Mountain, and Storm King State Parks, as well as Black Rock Forest in New York.

## Jim Hagggett of Poughkeepsie, NY

For more than 25 years, Jim has helped



Jim Hagggett (center) with Ed Goodell and Ron Rosen

keep the Dutchess-Putnam, NY, section of the Appalachian Trail open for local hikers and the more than 2,000 thru-hikers who each year pass through our region as they walk the AT between Springer Mountain in Georgia and Mount Katahdin in Maine. Jim began volunteering on the AT in 1983. Jim has taken on the roles of work crew trip leader, shelter builder, and chain-sawyer, helping to keep the trail clear of fallen trees and branches. He currently serves as AT Trail Chair for Dutchess and Putnam counties, organizing other AT volunteers and monitoring the trail in our region.

## MAJOR WILLIAM A. WELCH TRAIL PARTNER AWARD

Given to a Trail Conference partner in recognition of long and significant assistance in trail building, trail maintenance, or trail protection.

## Mary Pat Pfeil, Park Ranger, Worthington State Forest, NJ

Mary Pat Pfeil, for two decades a park ranger at Worthington State Forest, was honored by the Trail Conference for her stewardship of a trail education and protection program known as Ridgerunners. Pfeil has been point person—not to mention the heart and soul—of the New

Jersey Appalachian Trail Ridgerunner program, for years.

The Ridgerunner program is a project of the Appalachian Trail Conservancy. In New Jersey, the program is jointly managed by the Trail Conference and the Dept. of Environmental Protection. Ridgerunners promote a quality recreational trail experience by talking to visitors about the Appalachian Trail and its intended primitive experience, its location, regulations, and traditions, as well as ways they can minimize their impact on the Trail. Ridgerunners also provide a valuable service to maintaining club volunteers and land managing agency personnel by reporting back to them about the conditions they encounter while on the Trail.

Pfeil was the first Ridgerunner in New Jersey when she hit the trail in 1992. She returned for a second year in 1993. In 1997, Pfeil was hired as a park ranger, and in 1998, she graduated from the NJ State Police Academy, Basic Police Class. She has served as the point person for the Ridgerunner program in New Jersey, handling the interview process, instituting regular meetings between the runners and park staff in the region, and organizing outreach events for local user groups.



Larry Wheelock and Mary Pat Pfeil

Larry Wheelock, special projects manager at the Trail Conference, has worked with Pfeil on the Ridgerunner and other programs since 1998. "Mary-Pat is extraordinarily dedicated to parks, trails, volunteers, and users. She works hard to bring people together and to create productive and satisfying relationships. The result is better trails throughout Wor-

thington State Forest and better experiences for trail users. The Trail Conference thanks her for her commitment."

## HONORARY LIFE MEMBERSHIP

Recognizes long years of service to the Trail Conference.

## Walt Daniels of Mohegan Lake, NY

Walt Daniels became only the 15th Hon-



Ann Gruhn and new Honorary Life Member Walt Daniels

orary Life Member in Trail Conference history when he was awarded that honor in a vote by delegates at the 2009 Annual Meeting. The honor recognizes Walt's 30 years of dedicated service to trails, both on and off trail, in our region. Walt, a retired IBM computer programmer, has made trail building, maintenance and support virtually a full-time volunteer interest.

Since 1979, Walt's stints of volunteer service have included turns as Overseer in Dutchess and Putnam counties of the Appalachian Trail; project manager for the development and publication of trail maps for Hudson Highlands and Fahnestock State Parks, parks that include some of the most popular hiking trails in the country; co-author with his wife, Jane, of *Walkable Westchester*, a trails guide to the county published by the Trail Conference in 2009; and, since 1996, volunteer webmaster of the Trail Conference website. That last included implementation of a whole new interactive website for the Trail Conference, launched in March of 2009.

In 2007, Walt and Jane completed their last section of hiking the 2000+ mile Appalachian Trail.

*continued on page 10*

# HIKERS' ALMANAC

A Sampling of Upcoming Hikes  
Sponsored by Member Clubs

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

## January

Friday, January 1

**SW. Happy New Year's Day Hike in Northern Manhattan.** Leader: Cy Adler and friends, 212-663-2167. Meet: noon at 178th St. and Broadway at bus terminal information booth. Explore the north end of Manhattan, including Inwood Hill and Highbridge Parks. See hills, historic sites, Harlem River shoreline, and two great wild parks.

Saturday, January 2

**AMC. West Mtn., Bear Mountain State Park, NY.** Leader: Hallie Wolfe, 914-941-5331 or halliewolfe@optonline.net; must preregister with leader. Meet: contact leader. Newbie friendly, but not for the faint of heart or short of breath - difficult but rewarding hike at a laid-back pace. Lots of support for first-time scramblers.

Sunday, January 3

**IHC. Muckshaw Ponds Preserve and Whittingham, Newton, NJ.** Leaders: Ursula and Pat Davis, 973-786-7087. Meet: 9am at Whittingham Wildlife Mgt. Area, Fredon-Springdale Rd. in Newton. Moderate 6-8 miles in this beautiful nature preserve in Sussex County. Soup and dessert at the Treehouse after the hike is a strong possibility.

**WTA. Rockefeller State Park Preserve, NY.** Leader: Catharine Raffaele, 914-948-4061, callen150@juno.com. Meet: Call leader for details and to register. Easy 5 miles. This preserve is a favorite in all seasons. We'll have lunch at Stone Barns; purchase from concession stand or bring your own. \$2 fee if carpool from North White Plains train station.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Mae Deas, 908-233-6641. Meet: 10am at Trailside Nature Center parking, Coles Ave. at New Providence Rd. Moderate 4-5 miles. Mixture of level and some hills on possibly icy terrain. Steady rain/heavy snow cancels; we X-C ski or snowshoe if deep snow on ground.

Thursday, January 7

**AFW. Governor Mtn., Ringwood State Park, NJ.** Call 973-644-3592 for info and registration or visit the website [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Moderate hike, moderate pace. Meet at 10am. Out by 2pm.

**UCHC. Island Pond, Arden, Harriman State Park, NY.** Leader: Ray Adam, 201-641-2379. Meet: 10am at Elk Pen parking. Moderately strenuous 7 miles; for experienced hikers.

Saturday, January 9

**AMC. Diamond Mtn. and Pine Meadow, Harriman State Park, NY.** Leader: Stuart Kurtz, 732-469-5344 or stuartkurtz@verizon.net. Meet: contact leader. A warm-up for winter with one moderate climb and discussion of winter gear and safety. Must have appropriate clothing and foot gear for moderate snow or ice (whether or not there is snow on the ground where you are). All-weather hike, but bad road conditions cancel.

**WTA. Fahnestock State Park, NY.** Leader: Carol Harting, 845-669-6731. Meet: call leader. Moderate 7 miles. Cabot Trail overlooking Jordan Pond, beautiful woods and open fields. Bad weather may modify. \$6 fee if carpool from North White Plains train station.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Trailside Nature Center parking, Coles Ave. at New Providence Rd. Brisk 4-5 miles, with some rocky trails. Rain, snow or icy conditions cancel.

Sunday, January 10

**WTA. Hudson Highlands Gateway Park, NY.** Leaders: Jane and Walt Daniels, 914-245-1250, jdthiker@optonline.net. Meet: call leaders. Easy to moderate 5 miles. Join Walkable Westchester authors in this area rich in Revolutionary War history and biodiversity, learning about the area as we hike. \$4 fee if carpool from North White Plains train station.

Monday, January 11

**UCHC. Deer Paddock, South Mountain Reservation, NJ.** Leader: Cheryll Short, 973-299-0212. Meet: 10am; call for directions. Easy, fairly level hike to Washington Rock. Rain, snow, ice cancels.

Tuesday, January 12

**UCHC. Turkey Mountain, Montville, NJ.** Leader: Terry Kulmane, 908-665-2672, terrykayhiker@yahoo.com. Meet: 10am at Pyramid Mtn. parking, Coles Ave. at New Providence Rd. Moderate 6 miles, with short stop at scenic falls. Bring crampons. Steady rain/falling snow cancels.

Wednesday, January 13

**UCHC. Loantaka Brook Reservation, Morristown, NJ.** Leader: Mae Deas, 908-233-6641. Meet: 10am at Kitchell Rd. parking near duck pond. Level walk through woods on paved and unpaved trails; bring crampons. About 5 moderate miles. Falling snow or rain cancels.

Thursday, January 14

**UCHC. Sterling Ridge, Hewitt, NJ.** Leader: Eric Singer, 973-744-7147. Meet: 10am at Sterling Ridge parking opposite East Shore Dr. Moderately strenuous 7+ miles; for experienced hikers. Only bad road conditions on Rt. 511 cancels.

Saturday, January 16

**AFW. Harriman State Park, NY.** Call 973-644-3592 for info and registration or visit the website [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Moderate to strenuous hike, moderate pace. Meet at 10am. Out by 3pm.

**WTA. Irvington Woods/Macy Park, NY.** Leader: Ellie Carren, eileenw1000@yahoo.com. Meet: contact leader. Easy to moderate 4-5 miles. Lovely woods to explore, including "hermits grave" and Macy monument. \$1 fee if carpool from North White Plains train station.

Tuesday, January 19

**UCHC. A Different Reeves Brook Hike, Harriman State Park, NY.** Leader: Dave Sutter, dsuttr@aol.com. Meet: 10am at Reeves Meadow parking. Moderate 6 miles, with some hills and rocky, possibly icy, trails. Bring crampons. Stony Brook Trail, new Bypass Trail, and lots more. For experienced hikers.

Wednesday, January 20

**UCHC. Pyramid Mountain, Montville, NJ.** Leader: Pete Beck, 201-274-4471. Meet: 10am at Pyramid Mtn. visitors center (hike begins at 10:00). Kincaid Trail up to a ridge that was mined in the 1880s. Out by about noon.

Thursday, January 21

**UCHC. Ringwood Manor, Ringwood State Park, NJ.** Leader: Eric Singer, 973-744-7147. Meet: 10am at upper parking lot. Moderately strenuous 7+ miles; for experienced hikers. Part of the Red Trail, Green Trail, then return on the White Trail. Only bad road conditions cancel.

Saturday, January 23

**AMC. Mt. Taurus, Hudson Highlands State Park, NY.** Leader: Howard Israel, 718-639-0123. Meet: contact leader. Brilliant views of the Hudson Highlands. Off-trail, rock scrambles, AND imported cookies. Sturdy boots a must. Bad weather may cancel.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Ellen Jeydel, 908-868-7510. Meet: 10am at Trailside Nature Center parking, Coles Ave. at New Providence Rd. Moderate 5-6 miles. Rain, falling snow, icy conditions cancel.

**WTA. Harriman State Park, NY.** Leader: Carol Ann Benton, aqarius2950@hotmail.com. Meet: 9:30am at Johnstown Rd. parking; shuttle required. Moderate 6 miles. We'll hike from Rt. 106 back to Johnstown Rd., passing Lake Skenonto. Bad weather cancels. \$6 fee if carpool from North White Plains train station.

Sunday, January 24

**UCHC. Turtleback Rock, South Mountain Reservation, West Orange, NJ.** Leader: Louise White, 973-746-4319. Meet: 10am at Turtleback Rock parking near zoo; call for directions. Moderate 4-5 miles.

**IHC. Kittatinny Valley State Park Hike (or Ski), NJ.** Leader: Charlie Kientzler, 973-835-1060. Meet: 9am at Kittatinny Valley State Park, Goodale Rd., Newton, NJ. Moderately strenuous. X-country ski along Sussex Branch Trail if snow conditions good, or hike in the park. Call if in doubt about weather conditions.

**WTA. Cranberry Lake Preserve, NY.** Leader: Peter Hibbard, 914-285-9291. Meet: Call leader. Easy to moderate 4-5 miles. Hike on various trails in this tranquil local preserve. \$1 fee if carpool from North White Plains train station.

Monday, January 25

**UCHC. Loantaka Brook Reservation, Morris Twp., NJ.** Leader: Len Shnitzer, 732-499-9176. Meet: 10am at Kitchell Rd. parking near pond. Easy stroll where you can talk and not watch your feet. Rain, snow, ice cancels.

Tuesday, January 26

**AFW. The Tourne, Tourne County Park, NJ.** Call 973-644-3592 for info and registration or visit the website [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Moderate hike, moderate pace. Meet at 10am. Out by 2pm.

**UCHC. Mahlon Dickerson Reservation, NJ.** Leader: Eric Singer, 973-744-7147. Meet: 10am at parking by Saffin Lake off Weldon Rd. Moderate 5-7 miles; for experienced hikers. Bring crampons. Only bad road conditions cancel.

Wednesday, January 27

**UCHC. Allamuchy State Park, NJ.** Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at rest stop on I-80 just east of Hackensack exit. Slow to moderate pace; about 5 miles. Hike to lake, and if conditions permit, around it.

Thursday, January 28

**UCHC. Silvermine, Harriman State Park, NJ.** Leader: Hank Perrine, 212-666-0694. Meet: 10am at Silvermine parking. Moderately strenuous 5-7 miles; for experienced hikers. Bring winter equipment suitable to conditions.

Saturday, January 30

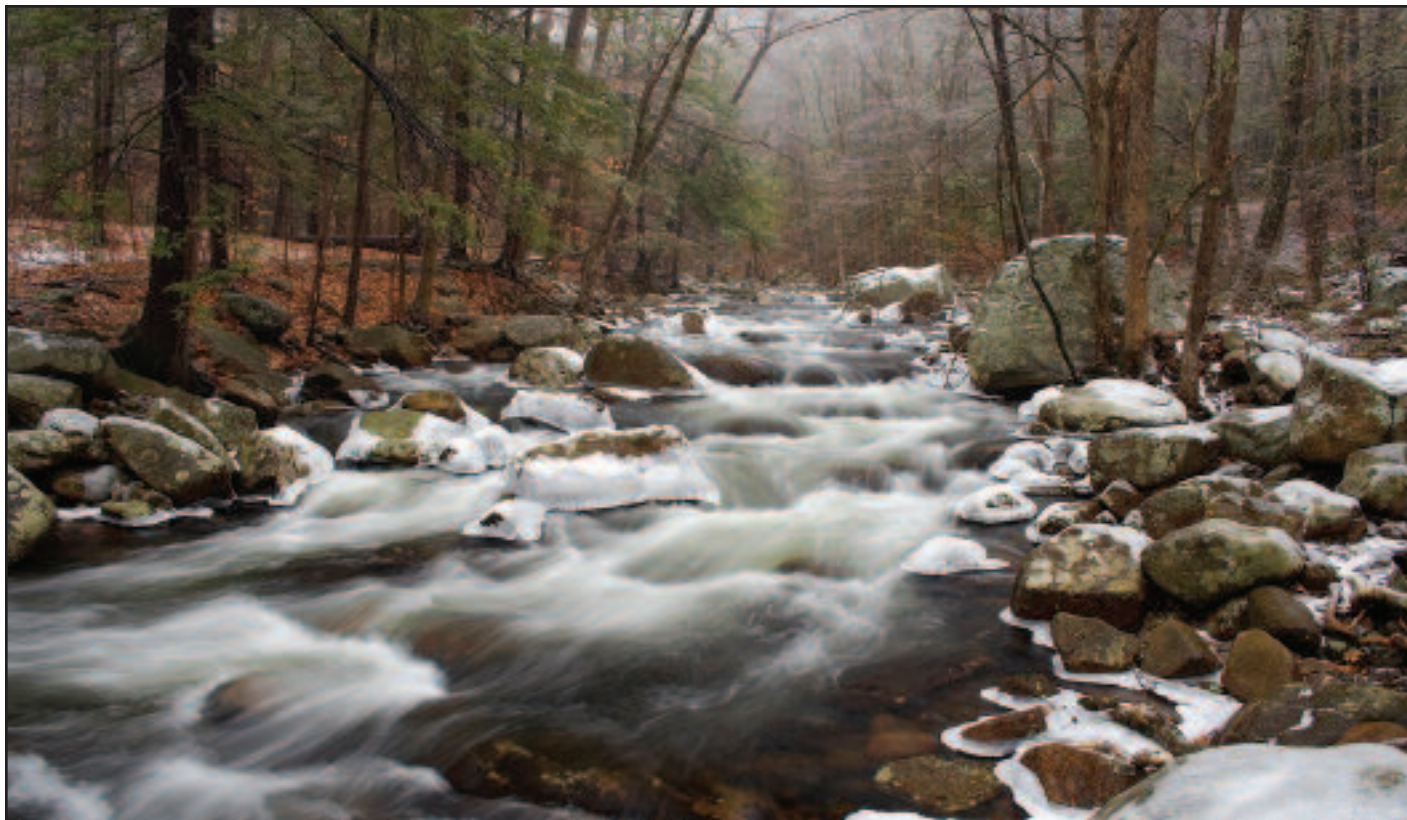
**AMC. Ramapo Valley County Reservation, NJ.** Leader: Ellen Blumenkrantz, eblumenkrantz@hotmail.com; must preregister. Meet: contact leader. Moderate pace. We'll hike to Ringwood State Park, passing 3 lakes and 2 great viewpoints. Optional pizza/beer stop after hike. Limited to 12 people. Rain cancels.

**WTA. Croton Aqueduct-Rockwood Hall, NY.** Leader: Ellie Carren, eileenw1000@yahoo.com. Meet: contact leader for details. Easy 4-5 miles. Aqueduct to Rockwood Hall State Park, ending at cafeteria for lunch (bring your own or buy). Walk is along pretty stream, and has lovely views of the Hudson. \$2 fee if carpool from North White Plains train station.

Sunday, January 31

**WTA. Ward Pound Ridge, NY.** Leader: Mike Kaplan, kaplanm2001@yahoo.com. Meet: contact leader. Easy to moderate 6-7 miles. Explore south end of park, Overlook and Leatherman's Cave area, and trailside nature museum. Bad weather cancels. \$4 fee if carpool from North White Plains train station.

**IHC. Ramapo Mountain State Park, Oakland, NJ.** Leader: Steve Rikon, 973-962-4149. Meet: 9am at Ramapo Mtn. State Forest, upper lot on Skyline Dr. Moderately strenuous. Hoeflerin Memorial, Cannonball, and other trails to Ramapo Lake. Stabilicers may be required; heavy snow cancels. Shuttle required.



WWW.MICHAELMADRARA.COM

**WEC/WWW. Sterling Forest Lake, Furnace, and Tower, NY.** Leader: Don Weise, donweise@hotmail.com. Meet: contact leader. Strenuous, fast-paced 7-9 miles. Explore a new trail with impressive mine ruins, climb the ridge for beautiful fire tower views.

Tuesday, January 5

**UCHC. Jockey Hollow National Park, Morristown, NJ.** Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Visitor Center parking, Coles Ave. at New Providence Rd. Moderate 6 miles; rolling terrain. Steady rain/falling snow or icy conditions cancel.

Wednesday, January 6

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Ellie King, 908-233-8411. Meet: 10am at Trailside Nature Center parking, Coles Ave. at New Providence Rd. Moderate 4-5 miles. Mixture of level and some hills on possibly icy terrain. Steady rain cancels; we snowshoe if deep snow on ground.

**IHC. Pennsylvania Towpath, PA.** Leaders: Guy and Jen Percival, 973-590-7437. Meet: 9am at Wy-Hit-Tuk County Park, Rt. 611, Easton, PA. Moderately strenuous 8 miles. Enjoy open views over the Delaware River as we hike north from Durham Furnace; shuttle required. Rain cancels.

**AMC. Wishing for a Winter Wonderland in Tuxedo, NY.** Leader: Christine Benton, 718-768-7937; call before 9pm or cbentonhiker@yahoo.com. Meet: contact leader. Moderate pace; route determined by conditions. Participants who do not have traction aids such as Stabilicers will be turned away. If deep snow, we'll snowshoe. Not an early-out hike; bring light just in case. Terrible weather forecast cancels (call for message on machine).

## Stony Brook in Harriman State Park

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Naomi Shapiro, 973-564-8780; call before 9pm. Meet: 10am at Trailside Nature Center parking, Coles Ave. at New Providence Rd. Moderate 4-5 miles. Rain cancels.

Sunday, January 17

**AFW. Doodletown Mine, Harriman State Park, NY.** Call 973-644-3592 for info and registration or visit the website [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Moderate hike, moderate pace. Meet at 9:30am. Out by 2:30pm.

**IHC. Round Valley State Park, NJ.** Leader: Chris Davis, 609-924-2563. Meet: 9am at Round Valley State Park, 1220 Lebanon Stanton Rd., Lebanon, NJ. Moderately strenuous hike on rugged Cushetunk Trail nearly around the reservoir; a good workout to warm you up. Rain cancels.

**AMC. Dog Friendly West Mountain, Harriman State Park, NY.** Leader: Dov Dixler, dovmonroe@yahoo.com. Meet: contact leader. Strenuous climbing up West Mtn. and the Timp; for strong hikers and dogs (we follow park leash laws). Bring traction aids (Stabilicers, etc.).

**WTA. Reeves Brook, Harriman State Park, NY.** Leader: Rudy Garfinkel, 914-337-6612. Meet: call leader. Moderate 6 miles. Precipitation cancels. \$6 fee if carpool from North White Plains train station.

Monday, January 18

**UCHC. Tulip Springs, South Mountain Reservation, NJ.** Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at Tulip Springs parking; call for directions. Easy hike on Lenape Trail to see Hemlock Falls in winter (hopefully all beautiful ice). Rain, snow, ice cancels.

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

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

### Club Codes

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

AFW	Adventures for Women	UCHC	Union County Hiking Club
AMC	AMC New York-North Jersey Chapter	WTA	Westchester Trails Association
IHC	Interstate Hiking Club	WEC/WWW	NJ Audubon's Weis Ecology Center WWW Hiking Club
NYR	New York Ramblers		
SW	Shorewalkers		

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to [tw@nynjtc.org](mailto:tw@nynjtc.org) or to the Trail Conference Office. The deadline for the March/April issue is January 15.



**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Pat Curley, 908-868-7510. Meet: 10am at Trailside Nature Center parking, Coles Ave. at New Providence Rd. Brisk 4-5 miles. Steady rain cancels.

**NYR. Great South Bay and Connetquot River, Long Island, NY.** Leader: Quyen (Quinn) Pham, 631-234-5486, qpham@yahoo.com. Meet: contact leader. We'll hike to Heckscher State Park then walk along Great South Bay with spectacular views of Fire Island. Then north on various trails, walking entire length of Connetquot Preserve and Lake Land Park; special permit allows us to walk along the Connetquot River. Ponds, river, fish hatchery.

## February

Monday, February 1

**UCHC. Mills Reservation, Cedar Grove, NJ.** Leader: Joe McLaughlin, 973-263-2799. Meet: 10am; call for directions. Easy hike along Lenape Trail, then back on Blue Trail.

Wednesday, February 3

**UCHC. Great Swamp National Wildlife Refuge, NJ.** Leaders: Don and Jeane McLellan, 908-464-6246. Meet: 10am at trails parking at Great Swamp. Slow to moderate pace; 4 miles on level terrain in the Wilderness Area. Trail may have more logs to step over than usual, and could be muddy. Heavy rain cancels.

Thursday, February 4

**AFW. Sterling Forest State Park, NY.** Call 973-644-3592 for info and registration or visit the website [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Moderate hike, moderate pace. Meet at 10am. Out by 2pm.

**UCHC. Sapphire Trail and South, Sterling Forest State Park, NY.** Leader: K W Hanson, 732-530-5213; no calls after Wed. noon. Meet: 10am at Sterling Forest Wildcat Mtn. parking; we'll shuttle to north trailhead. Moderately strenuous 8 miles; for experienced hikers. Bring winter equipment suitable to conditions, including crampons and snowshoes if needed. We'll hike past Indian Hill and Wildcat Mountain.

Saturday, February 6

**AFW. Ramapo Valley County Reservation, NJ.** Call 973-644-3592 for info and registration or visit the website [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Moderate to strenuous hike, moderate pace. Meet at 10am. Out by 3pm.

**AMC. Bear Mountain State Park Family Potpourri, NY.** Leader: Andrew Joyce, 973-324-2657, amojoyce@aol.com. Meet: contact leader. We'll walk around Hessian Lake, go on some trails, optional skate or sledding after lunch. Maximum 2-3 hours outdoors.

**WTA. Appalachian Trail to Anthony's Nose, NY.** Leader: Carol Harting, 845-669-6731. Meet: Contact leader. Moderate 4-5 miles. This is an "out and back" hike along the ridge, featuring lunch and views from Anthony's Nose. \$5 fee if carpool from North White Plains train station.

**UCHC. South Mtn. Reservation, Millburn, NJ.** Leader: Naomi Shapiro, 973-564-8780; call before 9pm. Meet: 10am at Locust Grove parking, corner Glen Ave. and Lackawanna Pl. across from Millburn RR station. 4-5 miles at a steady pace, with uneven terrain. Rain cancels.

Sunday, February 7

**IHC. Chester to Kay Environmental Center, NJ.** Leaders: Guy and Jen Percival, 973-590-7437. Meet: 9am at Chester Rails Trails access parking, Rts. 513 & 24, in Chester. Moderately strenuous 8 miles. Hike along little-used section of Black River, past Cooper Mill, ending on new section of the Patriots' Path. Shuttle required.

**AMC. Southern Harriman State Park, NY.** Leader: Joe Bonner, hikerman4169@yahoo.com. Meet: contact leader. Moderate hike along trails and woods roads from Sebago Boat Launch; possible stop at Breakneck Pond. Limited to 12 people. Rain or snow cancels.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Ellen Jeydel, 908-232-2413. Meet: 10am at Trailside Nature Center parking, Coles Ave. at New Providence Rd. Moderately paced 5-6 miles. Rain, falling snow or icy conditions cancel.

**WTA. Muscoot Farm, Somers, NY.** Leader: Peter Hibbard, 914-285-9211. Meet: Contact leader. Easy 4-5 miles. \$3 fee if carpool from North White Plains train station.

Wednesday, February 10

**UCHC. Turtleback Rock, South Mountain Reservation, West Orange, NJ.** Leader: Louise White, 973-746-4319. Meet: 10am at Turtleback Rock parking in West Orange. Moderate 4-5 miles.

Thursday, February 11

**UCHC. Harriman State Park, NY.** Leader: Ron Kuhns, 201-836-5256. Meet: 10am at Reeves Meadow parking on Seven Lakes Dr. Moderately strenuous 7 miles; for experienced hikers.

Saturday, February 13

**AMC. Doodletown and the Timp, Harriman State Park, NY.** Leader: Hallie Wolfe, 914-941-5331, halliewolfe@optonline.net. Meet: contact leader. Meandering hike with lovely views; newbie friendly. Potential for longer, more strenuous hiking.

**WTA. Island Pond, Harriman State Park, NY.** Leader: Carol Ann Benton, aquarius2950@hotmail.com. Meet: contact leader. Moderate 5-6 miles. Leisurely hike around the pond; may also enjoy the view from Stahahe High Peak if conditions allow. Short shuttle required. Bad weather cancels. \$6 fee if carpool from North White Plains train station.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Ellen Jeydel, 908-232-2413. Meet: 10am at Trailside Nature Center parking, Coles Ave. at New Providence Rd. Brisk 4-5 miles with some rocky trails, often muddy. Steady rain cancels.

Sunday, February 14

**AMC. Valentine's Day Special, Harriman State Park, NY.** Leader: Stanley Lewin, stanlewin2002@yahoo.com. Meet: contact leader. Let's explore some of Harriman State Park's popular winter hiking places. Bring traction aids (Stabilicers, crampons, etc.). Bad weather may modify or cancel.

**IHC. Watchung Lost Village Historical Hike, NJ.** Leaders: Jim Schenkler and Rich Palmati, 908-561-0228. Meet: 9am at Trailside Museum, Coles Ave., Watchung Reservation, Mountainside, NJ. Moderate. See the Watchungs from a historical perspective while getting out and about in winter.

**WTA. Croton Point Park, NY.** Leader: Catharine Raffaele, 914-948-4061, callen150@juno.com. Meet: contact leader. Easy 4-5 miles. We sometimes spot owls in this county park on the Hudson. Walk is two hours, followed by optional lunch at Croton Diner. \$3 fee if carpool from North White Plains train station.

Monday, February 15

**UCHC. Great Swamp Nature Center, Chatham, NJ.** Leader: Len Shnitzer, 732-499-9176. Meet: 10am; call for directions. Easy, level walk along the boardwalk. Rain, snow, ice cancels.

Tuesday, February 16

**AFW. State Line Lookout, Alpine, NJ.** Call 973-644-3592 for info and registration or visit the website [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Moderate hike, moderate pace. Meet at 10am. Out by 2pm.

**UCHC. Allamuchy State Park, Hackettstown, NJ.** Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at I-80 scenic overlook. About 5 moderate miles, around the lake.

Wednesday, February 17

**UCHC. Fanny Highlands, Rockaway Twp., NJ.** Leader: Pete Beck, 201-274-4471. Meet: 10am at Fanny visitor center lot. A nice, easy walk through forest and wetlands, on Oreland rail bed (paved with cinders).

Thursday, February 18

**UCHC. Somerset County Environmental Center, NJ.** Leader: Al MacLennan, ajmadennan@verizon.net, 973-451-1435; must register with leader the day before the hike. Meet: 10am; contact leader for location. Easy 5-6 miles through forest, along a river, and on a boardwalk through swamp. Ski/snowshoe if enough snow. Optional lunch after hike at restaurant in Basking Ridge, NJ.

Saturday, February 20

**AMC. Skannatati Skedaddle, Harriman State Park, NY.** Leader: Art Almeida, 914-271-8659, arta@croton10520.com. Meet: contact leader. Steep initial climb, then wandering around as many interesting trails as we can find. Hiking boots and 2 quarts water required.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Pat Curley, 908-868-7510. Meet: 10am at Trailside Nature Center parking, Coles Ave. at New Providence Rd. Brisk 4-5 miles. Steady rain cancels.

**WTA. Piermont to Nyack, NY.** Leader: Marvin Malater, 718-376-3608. Meet: contact leader. Moderate 9 miles. Hike at steady pace on Tallman Mtn. loop, then north on old Erie RR bed. Level paths with one steep ascent. Optional dinner in Nyack after the hike. \$3 fee if carpool from North White Plains train station.

Sunday, February 21

**AFW. Greenbrook Falls, Palisades, NJ.** Call 973-644-3592 for info and registration or visit the website [www.adventuresforwomen.org](http://www.adventuresforwomen.org). Moderate hike, moderate pace. Meet: 9:30am. Out by 2:30pm.

**IHC. Pete's Path & Wanaque Ridge Trails, NJ.** Leader: Pete Heckler, 973-831-2307; no calls morning of hike; email preregistration requested at P\_Heckler@msn.com. Meet: 9:30am at Warren Hagerstrom ballfield, Wanaque, NJ. Moderate 7 miles. Hike up to where views of the Wanaque Reservoir are outstanding. Stabilicers or snowshoes may be required. Bad weather cancels.

**WEC/WWW. Dens, Lakes & Ledges, Harriman State Park, NY.** Leader: Don Weise, donweise@hotmail.com. Meet: contact leader. Fast-paced 8 miles. "Lakes and Ledges" loop from upcoming Trail Conference book, Circuit Hikes in Harriman and Bear Mountain. Claudius Smith's Den, Lake Sebago, Lake Skenonto, Black Ash Mountain.

**UCHC. Tulip Springs, South Mountain Reservation, South Orange, NJ.** Leader: Louise White, 973-746-4319. Meet: 10am at Tulip Springs lot; call for directions. Easy 4 miles on a mix of trails, depending on conditions.

Tuesday, February 23

**UCHC. Hook Mountain, Nyack, NY.** Leader: Ron Kuhns, 201-836-5256. Meet: 10am; call for location. Moderate 6 miles with a fair amount of climbing, but the views of the Hudson River make it all worthwhile.

Wednesday, February 24

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Joan Lepselter, 908-273-4188. Meet: 10am at Trailside Nature Center parking, Coles Ave. at New Providence Rd. 4-5 miles at moderately fast pace, as dictated by trail conditions. Steady rain, snow or icy trails cancel.

Saturday, February 27

**WTA. Black Rock Forest, NY.** Leader: Eileen West, eileenw1000@yahoo.com. Moderate 6-8 miles. Forest roads and trails. Heavy precipitation cancels, snow or ice on ground does not. \$7 fee if carpool from North White Plains train station.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Pat Curley, 908-868-7510. Meet: 10am at Trailside Nature Center parking, Coles Ave. at New Providence Rd. Brisk 4-5 miles. Steady rain cancels.

Sunday, February 28

**IHC. Monksville Reservoir, NJ.** Leaders: Guy and Jen Percival, 973-590-7437. Meet: 9am at Sterling Ridge South End trailhead, Rt. 511, Hewitt, NJ. Strenuous 9 miles. South on Horsepond Mtn. Trail, around reservoir with two long vistas; stream crossings and plenty of warm-ups while climbing. Bring Stabilicers or ice creepers. Rain cancels.

**NYR. Seven Hills of Staten Island, NY.** Leader: Adam Gerber, 718-594-0104. Meet: 8:45am at Whitehall Ferry Terminal for 9am ferry; leader meets group on Staten Island side. From St. George Ferry Terminal, we'll walk through residential areas to Staten Island Greenbelt Blue Trail, then ascend Todt Hill to High Rock Park. Up Moses Mtn., loop around Lighthouse Hill, then finish at New Dorp, returning to ferry via SI Railway.

**WTA. Teatown to Croton Dam, NY.** Leader: George O'Lear, 914-631-8441. Meet: Contact leader. Easy to moderate 6 miles. Briarcliff Peekskill trailway from Teatown Reservation to Croton Dam. Return to Teatown for lunch and possibly more hiking. Bad weather cancels. \$3 fee if carpool from North White Plains train station.

**UCHC. Jockey Hollow, Morristown, NJ.** Leader: Dave Bennett, 973-701-0246. Meet: 10am at visitors center; call for directions. Enjoy a scenic 4-5 miles in this historic national park, with various trails depending on conditions.

# Member Club News

Find links to all Trail Conference member groups online under the Community tab at [www.nynjtc.org](http://www.nynjtc.org). Member groups: submit your news and photos for Trail Walker and the website via email: [tw@nynjtc.org](mailto:tw@nynjtc.org).

## Friends of Pelham Bay Park Get Tool Shed

Because of our member club status, we have received substantial technical and organizational assistance, volunteer referrals, and, most recently, thanks to grant-writing help from a Trail Conference member, a small grant was obtained from Deutsche Bank that allowed us to purchase a tool shed and rocker patches. Here's a picture of our new tool shed located behind the Bronx Equestrian Center. It was installed November 10. Hooray!



New tool shed at Pelham Bay Park.

Trail Conference members are great volunteers, especially when they have experience with trail work in other areas. Sal Morra is a Trail Conference member, for example, who found us through the Trail Conference website, contacted me, worked on our trails, and immediately joined Friends.

—LizBeth Gonzalez

## Friends of Garret Mountain Reservation Announce New Map

Friends of Garret Mountain Reservation are proud to announce the availability of a new trail map for the 793-acre reservation, and that it is available in PDF form for download from the Trail Conference website (path: Go Hiking—Find a Park—scroll to Garret Mountain Reservation). Garret Mountain Reservation, despite its urban/suburban location in southern Passaic County, is one of the best locations in the state for observing the migration of neotropical birds. Also protected at the reservation are several historical sites (some recently renovated), more than 7 miles of trails, and various other recreational opportunities.

The Trail Conference maintains approximately 5 miles of hiking trails, which visit some of the more remote regions of the park and offer panoramic views of the surrounding area and the New York skyline. Additional bridle paths and unmarked trails allow for a great variety of loop hikes.



Volunteers from the 3500 Club put the finishing touches on the John Robb Lean-to on Hunter Mountain.

Friends of Garret Mountain Reservation works with Passaic County and other organizations and individuals to preserve and protect this important natural and cultural resource. Additional information can be found on our website.

—Craig Nunn

## Catskill 3500 Club Builds New John Robb Lean-to

Three work trips (two in June, one in October) with Catskill 3500 Club volunteers numbering 12, 21, and 17 respectively, completed the big job of building the new John Robb lean-to on Hunter Mountain in the Catskills. In addition to building the lean-to, the work included cutting and signing the new access trail to the lean-to as well as the trail to the spring, obliterating the work access trail, building a fire pit, working on the overflow campsites, painting, and mitigating the site of the old lean-to.



3500 Club members assemble the new lean-to.

Club member Laurie Rankin participated in all three work trips and reports about the final day of work: "The camaraderie was great, there was whistling and laughter under a beautiful blue sky. Many took their much deserved lunch break at the new vista which with the leaves off even affords a good view of the tower. And while we began to worry that we would have to break out headlamps for the final bits of work, we heard from Pete [Senterman] the boss, "There, it's done! Can you believe it?" Pete (former Catskill Trails Chair for the Trail Conference) has worked behind the scenes for the last several years to accomplish this project, and with the help of so many volunteers on these work days and a few behind the scenes trips as well, we had reached the Grand Finale! We hated to leave the site, a truly beautiful place to spend the night for sure."

LIZBETH GONZALEZ

LAURIE RANKIN

LAURIE RANKIN

## DONORS TO THE ANNUAL FUND

October 1, 2009 - November 20, 2009

### GIFTS

Paul & Kathryn Abdis, Ken Bald, Geoffrey Barclay, Walter & Elizabeth Barrett, April Barth, William H. Barton, Larry & Susan Bernstein, Mary Kate Bifano, Angela Billings & Vincent Shano, Roger Broadwell, Marinus Broekman, Kurt F. Brown, Howard & Nancy A. Houghton-Brown, Annette Burgess, Russ & Diane Cannizzaro, Matthew & Jennifer Coulter, Gregory Cram & Patricia Landry, Mark J. Dallara, Claire & David K. Davis, David Degregorio, Michael E. Doehring, Arthur H. & Nancy Ebeling, David L. Felsenthal, Anne Fischer, Roland & Mary Ann Folter, Hank & Linda Funsch, Matthew Garamone & Adrienne Booth, Ned & Laura JT Gardner, Jane Geisler, Frances V. Gibbs, Madeline Giotta, James A. Gregoire, Robert W. Grize, Frederick Hodde, David E. Hogenauer, Mary & Arthur Horst, Joshua & Melissa Howard, Jim Johnson, Janet M. Junge, George King, David & Anita Knechel, Daniel A. Kriesberg, John Krumdieck, Terry Kulmane, Steve Legenhausen, Rosanne Levitt, Mark A. Lewis & Kelli Meland-Lewis, David & Debbie Livingstone, Ron F. Luna, Richard E. Lutringer, Linley Mahon, Norah Malloy, Lawrence E. Mals, Harold Marciari, Bonnie H. Marsh, Mary & Gay Mayer, Bill H. Menke, Rick & Joan Meril, Robert W. Messerschmidt, Joseph D. & Aurelia Minuti, William P. Mitchell & Barbara Jaye, Nikolaos D. Monoyios & Valerie A. Brackett, Prudence & Clark Montgomery, Joe H. & Linda Moreng, The Meadowlark Foundation, Dagi K. & John R. Murphy, Robert F. Neff, Allen I. Newman, William & Caitlin O'Donnell, Willie Picaro, Elizabeth & Jim Posillico, Edward Quigley, Carol A. Quinn & David W. Mayo, Charles F. & Aline Roselius, Mr. Michael Rubashkin, Jackie Rubenacker, Michael Sasse, Janet M. Saylor & Evan Colgan, Doug Senterman, Peter Senterman, Herbert Shulman, John Slattery, Bill Sparta, William J. Steinmann, Fred & Connie Stern, Phyllis A. Stewart, David & Naomi Sutter, Lynn T. Swanson, Samuel Tatnall, John R. Taylor, J. Bruce Taylor, Michael Tillison, Fred & Anne Todd Osborn, Alice L. Tufel, Edwin R. Ward, Les & Nancy Weiss, Roger & Laura Williamson, Kent & Nancy R. Young

### PEOPLE FOR TRAILS HIKE-A-THON

Richard Abbott, Bill & Emily Badinelli, Paul Banks, Bill Betz, Ginny Boyle, Ellen Brennan, Susan Bross, Nicholas Brudnak III, Susan Campbell & Ned Bassen, Kenneth Chao, Niraj Chhabra, Jill Daly, Chief Daniels, Donna Deangelis, Rob & Sue Deshensky, Kelly Dewey, Monica E., Timothy Englert, Christopher Escobar, Robert Farina, Paul J. Freshnock, Rebecca Fuchs Stengel, Eric J. Fuchs-Stengel, Robert E. Fuller, Paul Galva, Kathy Gaw-Betz, Catherine & David Gemmell, Richard Gillette, Sandra D. Gogue, Lisa Gradziel, Gary Grasselena, Kathleen Haake, Cathy Hamilton, Catherine Hutchinson, Kelly's Canopy & Party Rental, Ester Kim, Cindy Kim, William Klaber, Robert Knight, Tai Kwon, Sharon Levine, Brian Maher, Debra Margolies, Jessica Marshall, Al McLean, Nicholas Mondelo, G. Gail Neffinger, Barbara Pantuso, Niranjana Patel, Maria Perri, Joseph Proscia, Marc Raphael, Arden Reusink, Daina Rimas, Bea & Aukse Rimas, Wendy Saiff, Ivan Saiff, Anaëli Sandoval, Luis & Nivia Sandoval, Anne Schneider, Tracy Schuh, Art & Janet Sisco, Chris & Joan Townley, Jose Vicente Jr. & Anaëli Sandoval, Mary Jo Waeschle, Anthony Walsh, Maryann Wanner, Larry A. Wehr, Martin F. Zumsteg

### MATCHING GIFT COMPANIES

Earth Share, Morgan Stanley, Prudential Foundation, Verizon Foundation

### TRIBUTES

*In honor of Basba Kill Area Association*  
Michael F. & Paula Medley

*In honor of Michael Brochstein's birthday*  
Rachel Givner

*In honor of John Drummond's 50th birthday*  
Barbara Garand

*In honor of Mike William's birthday*  
Larry S. Spinner

*In honor of Eric Fuchs-Stengel*  
Diane Fuchs

*In memory of John J. Boyes*  
Robert Demors

*In memory of Tom Dunn*  
James & Gail Brown

*In memory of Gene Doleschal*  
Joseph Borrelli, Kimberly Campanaro & Ryan Lemli, Judy Crystal, Fred Depekary, Riley R. Hobbs, John & Mary Ann Kampfe, R. Mayer, Steve & Teri Marovitz, Denise McKinney & family, Thomas & Jill Watson, Kira Westin, Jennifer Emmolo & the rest of Eve's friends at Wilson School, Douglas E. Williams & Arlene Dworkin, Vince & Angela Shano

*In memory of Don Erbe*  
At Your Own Risk Hiking Club

*In memory of Marjorie Navidi*  
William Hanson

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

## Another Way to Give

Have you considered investing in the Trail Conference's mission? Making a donation in the form of a charitable gift annuity from the Trail Conference might be the perfect opportunity for you. A charitable gift annuity pays you a steady fixed income for the rest of your life.

Charitable gift annuities are very popular gifts because of the high rate of return, which will never change after a gift is made, regardless of interest rate fluctuations. And, a charitable gift annuity is simple to establish.

With a charitable gift annuity you would get an immediate income tax deduction for a significant portion of the value of your gift, and favorable taxation of the annuity payments will increase the spending power of your annuity.

For more information, please contact Jennifer Hezel at hezel@nynjtc.org or 201-512-9348, ext. 28.





**Camp Glen Gray**  
**Mahwah, NJ**  
Weekend Camping In The Beautiful Ramapo Mountains  
Web: [www.GlenGray.org](http://www.GlenGray.org)  
Phone: (201) 327-7234  
Email: [CampGlenGray@aol.com](mailto:CampGlenGray@aol.com)

A Proud Part of the Bergen County Park System



Dennis McNerney  
County Executive



Raymond W. Dressler  
Parks Director

*Your Catskill Headquarters for:*

- snowshoe rentals
- gear, clothing & footwear
- maps, books, supplies & games
- special events & programs

Ask about our "Snowshoe Getaway" lodging partners!



**morgan outdoors**  
[www.morgan-outdoors.com](http://www.morgan-outdoors.com)



adventure to fit your life

45 main street  
Livingston Manor, NY  
phone: 845.439.5507  
mon, th, fr, sat 10:00 sun 10:30  
right off Rt. 17, exit 96

Get the "Hike of the Week"  
[www.NYNJTC.org](http://www.NYNJTC.org)

**HILLTOP ACRES RESORT**  
Small resort near Hunter Mountain in Northern Catskills. Beautiful mountain view. Private lake & woods. Ideal for hiking, skiing or relaxing getaway. Central European cuisine. Modestly priced. Open all year. Box 87, Jewett, NY 12444/Tel: 518-734-4580  
[www.windham-area.com/hilltopacres.htm](http://www.windham-area.com/hilltopacres.htm)

## AWARDS '09

*continued from page 7*

### NEXT GENERATION AWARD

Given to those under age 21 who are making significant contributions of time and energy to trail building or protection

### Mahwah Boy Scout Troop #258

Boy Scout Troop #258 of Mahwah, NJ, was honored for its dedicated community service over several years in helping with a major trail project at Bear Mountain State Park. Over the past three years, the boys have put in over 600 hours of hard labor on the east face of the mountain, helping with the Appalachian Trail Bear Mountain Trails Project. Troop members have crushed rocks, greased cables and built retaining walls and a bridge while contributing to the construction of this artwork in stone.

The Trail Conference recognized the boys' contributions by presenting them with its Next Generation Award.



Left to right: Patrice Scully, Troop #258 Committee Chairperson; Scouts Thomas Galow and Matthew Delcher; and Scoutmaster David Howard accept Next Generation Award

### PAUL LEIKIN EXTRA MILE AWARD

Recognizes those volunteers who have demonstrated exceptional commitment over the long term

### Bob Messerschmidt of Bridgewater, NJ

See page 1.

## BOB MESSERSCHMIDT

*continued from page 1*

is helping a Gal Pal (Vi Shipley) with her trail section on the Wyankie Crest Trail." Vi, Jonas notes, has been a trail maintainer for at least 20 years.

In October, the Trail Conference announced it was giving Bob Messerschmidt the Paul Leikin Extra Mile Award. "Steadfast," "responsible," and "reliable" were the qualities the board cited. Says Jonas: "Bob is a true gentleman, soft spoken, honest, and very giving." Bob M. says: "When I see what the Trail Conference and all of its club and individual members do so that I and others can enjoy the outdoors, I just want to be part of that and support it," he says.

Bob continues to hike with the Union County Hiking Club, mostly in northern

New Jersey and in Harriman State Park. He's bagged the Catskill 3500 peaks, in both summer and winter. He likes to work out at his local Y three times a week, then soak in a hot tub and relax in a sauna. "I feel like a new man," he says with a laugh. The conversation was nearing its end, and he was eager to dive into his book. "Dan Brown's latest, *The Lost Symbol*. I can't put it down." But there was one more thing to say.

"If it were not for the Trail Conference, many of these great trails would not be here," Bob says. "If you enjoy trails, then give a little monetary support—it doesn't have to be much. If you're really enthused, you might volunteer to do some trail maintenance or construction."

## TRAIL REFLECTIONS

*continued from page 6*

puncheon. A family was looking to "give back," a thank-you for a donation of material. (An AT Corridor Steward and I had retrieved some abandoned property on National Park Service AT land. Via Freecycle, I gave it to this family, which had no connections with the AT or Trail Conference.) Peter, Lisa & Robie wanted to "give back." I suggested the puncheon work between Old Rt. 55 and Whaley Lake Stream bridge.

On a beautiful September Saturday, Peter, Lisa, Robie, and I built about 65 feet of puncheon. Peter later wrote that Robie (13) "really enjoyed the day. He loves anything we do together, and if it is hard work, he seems to enjoy knowing what he is capable of doing."

What a difference a day makes. Without each volunteer's day of work, the two puncheons would not be complete. You, too, can make a difference in a day. To volunteer for trail work, contact the Trail Conference at 201-512-9348 or [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org).

## Announcing the Trail Conference's 2010 VOLUNTEER ORIENTATION schedule!

Are you thinking about volunteering for the Trail Conference, but don't know where to start?

Would you like to have a better understanding of the Trail Conference and the volunteer opportunities available?

Join us for one of our VOLUNTEER ORIENTATION sessions to:

- Learn more about the details of our volunteer programs!
- Meet new and experienced volunteers!
- Discover the many ways you can contribute to your trails and give back to the open space you enjoy so much!
- Gain a better understanding of how the Trail Conference Connects People with Nature.

Register now for our January Orientation to be held on Tuesday January 19, 2010, (snow date, Tuesday, January 26) 6:00 pm – 7:30 pm at our Mahwah office by:

- Visiting our website: [www.nynjtc.org/orientation](http://www.nynjtc.org/orientation)
- Emailing: [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org) with "Orientation" in the subject line, or
- Calling the office at 201-512-9348 ext. 22

Anyone interested in learning more about who we are and what we do is encouraged to attend one of our monthly ORIENTATION workshops. You must register to attend.

### Upcoming Orientation Dates:

Saturday, February 13, from 10:30 am to 12:00 pm at our Mahwah office.

# Hiking without Pain

## Avoiding Heel Spurs, Ankle Sprains, and Shin Splints

By Howard E. Friedman DPM

Several fairly simple foot and leg problems can sideline a hiker for weeks or even months. However, the astute individual can recognize the signs and symptoms of the problem before it escalates and take preventative measures. Three such problems include heel pain, ankle sprains, and shin splints.

### HEEL SPURS

Heel pain, also known as plantar fasciitis or a heel spur, is one of the most common foot ailments. Patients routinely present themselves to the doctor limping to avoid their sore heel. Usually they report suffering with the pain for many weeks or even months. They waited to seek help and continued with their normal activities, including hiking, because they were sure the condition would simply go away. Instead, it usually worsens.

Heel pain is an inflammation of the ligament, or fascia, which connects to the undersurface of the calcaneus, or heel bone. In some cases, additional bone is formed as a result of the chronic inflammation, giving rise to the term "spur." Once inflamed, the condition can become stubborn, requiring multiple different treatments to achieve complete healing. Knowing the early signs of heel pain is important, as early intervention can greatly shorten the recovery time.

A primary symptom is a dull ache or a strong, sharp pain elicited with each step and usually worse with a first step taken after getting out of bed or rising from a chair. The degree of pain experienced can be mild, moderate, or severe.

When one first notices a dull ache in the heel generated with each step, it's time to seek treatment. The first recommendation is to reduce high-impact activity until symptoms subside. This includes cutting back on hiking. Do not hike "through" the pain and expect it to go away. It will not abate, but only get worse.

The next action is to begin a stretching program, bending the foot upward with the knee straight. This will stretch the Achilles tendon. Hold this stretch for about 5-10 seconds and repeat 5-10 times in a row. Repeat this several times a day. In addition, rest the painful area on an ice pack for 5-10 minutes at a time a couple of times a day.

Perhaps most important, purchase a quality arch support to place inside all shoes and boots worn. The only brand I recommend is Superfeet, and the style I suggest is called Performance Green. Additionally, a few days of an anti-inflammatory, such as ibuprofen, taken regularly for 2-3 days can be helpful.

If identified and treated early, heel pain symptoms can subside quickly, and you can resume regular activities, including hiking.



Superfeet Performance Green insoles.

### SPRAINED ANKLES

One of the biggest orthopedic threats on the trail is the ankle sprain. Volumes have been written about how to treat an acute ankle sprain. Those who have been stopped in their tracks with this injury know how painful it is and how debilitating it can be. Recovery from a serious ankle sprain can require months of recuperation. For those susceptible to weak ankles, prevention is the best strategy. Do not rely on your high-top hiking boot or even your high-top backpacking boot to prevent you from spraining your ankle. No matter how thick the leather, it cannot withstand the force of an ankle rolling outward.

If you know you are prone to ankle sprains, incorporate strengthening exercises into your daily routine: move your foot outward against a fixed object, such as a wall or table leg, and hold the position for about 5-10 seconds; repeat that activity 10-15 times in a row. Perform the same exercise moving your foot inward as well.

The most important step to take, however, will be to wear a rigid ankle brace whenever you hike. To prevent a sprain, the brace must be rigid, so an elastic ankle "sock" will not be sufficient. Leading ankle brace manufacturers include Aircast and Donjoy. I recommend and wear an Aircast Aircast Ankle Brace, part of the DJO brand of products. The Donjoy Velocity model is also well regarded. I wear the brace whenever I hike, whether I am wearing trail shoes or backpacking boots. Wear the brace on the problem ankle only, unless both ankles have a history of spraining. In that case, brace both ankles.



Aircast Ankle Support Brace

### SHIN SPLINTS

Shin splints are a much less common ailment than either heel pain or ankle sprains. Nonetheless, shin splints can still sideline a runner or weekend hiker for extended periods of time.

The problem occurs in the muscle group that is located on the outside of the lower leg, below the knee and extending down toward the ankle. With repeated pronation, or rolling in of the foot, for prolonged periods of time, the muscles and tendons are strained and respond with acute inflammation and pain. Every subsequent step, especially a forceful step as occurs in running or hiking, exacerbates the problem. The treatment includes long periods of rest and some physical therapy.

If one has had a problem with shin splints in the past, the best path to prevent a reoccurrence is to address abnormal pronation of the foot. Again, I recommend trying a pre-fabricated arch support, such as a Superfeet Performance Green arch. If the foot requires more support, or is a high-arch foot not amenable to an off-the-shelf arch support, contact a podiatrist about being fitted for a custom foot arch support, called an orthotic.

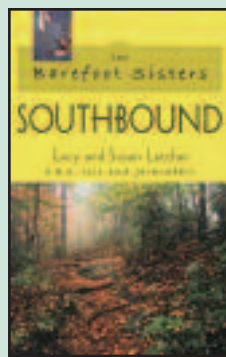
Stretching the lower leg muscles prior to hiking or exercising will also be helpful in preventing a new episode of painful shin splints.

Howard E. Friedman is a podiatrist in private practice in Suffern, NY, treating hikers and non-hikers. He is a frequent contributor to Trail Walker.

### Book Review

## The Barefoot Sisters Southbound

By Lucy and Susan Letcher



Stackpole Books, 2009

Reviewed by Georgette Weir

I was skeptical: 474 pages about hiking the Appalachian Trail barefoot? It seemed a bit much. But Lucy and Susan Letcher quickly won me over with their exuberant, humorous, honest, and well written reporting about their eight and half months hiking from Katahdin in Maine to Springer Mountain in Georgia.

The Letchers, known individually on the trail as Isis and jackrabbit and collectively as the Barefoot Sisters, take turns telling their story, leapfrogging their narrative of progress along the AT. In their early 20s, they set out from Katahdin, hiking barefoot "because it was the way we had always walked... in the mountains near our home on the coast of Maine. We loved the sense of connection to the ground that barefoot hiking gave us... We didn't want to sacrifice that link with the earth." This one fact soon makes them celebrities in the AT

news and gossip that is shared by hikers in shelter registers, around campfires, and in passing en route.

The Letchers' naked feet are, thankfully, of secondary interest, even to them. (They do don boots when winter strikes.) Their primary interest is in the AT thru-hiker community, which they call "a strange fringe element of American culture." Their take is frank and sympathetic, and it includes themselves.

People head to the AT to escape from civilization, to test their endurance, or to seek direction and meaning in life. "I follow the white blazes, and I feel like I know where I'm going," one hiker tells them. In the Letchers' telling, the Trail also is a surprisingly social environment. "Stories were a kind of currency out here," jackrabbit writes. "The Trail community, always in motion, was held together by the thin fabric of stories." She and her sister recount them well.

They also give a vivid account of the challenges—physical and emotional—of long-distance hiking: the aches and pains and reliance on ibuprofen (vitamin I, in hiker parlance), the logistics of resupplying, the sometimes desperate search for water, the inevitable and seemingly never-ending rain and mud, the nightmarish dangers of a fierce and unexpected blizzard in the Grayson Highlands of Virginia.

If you are contemplating an AT thru-hike, *Southbound* can give you an idea of what to expect. If you are content with an armchair thru-hike experience, I recommend it.

## New Map, Guide from AMC

### Covers Pennsylvania Highlands

The Appalachian Mountain Club (AMC) is now offering a new Pennsylvania Highlands Regional Recreation Map and Guide, a free, easy-to-use resource for outdoor recreation opportunities across the 13-county Highlands region in southeastern Pennsylvania.

The map and guide provides detailed information about the Pennsylvania Highlands and the available outdoor activities including hiking, biking, camping, fishing, and canoeing. One side gives a detailed layout of the trails and the surrounding area. The reverse side offers information about trail access, safety tips, points of interest, and other resources.

The Pennsylvania Highlands Regional Recreation Map and Guide includes:

- Locator map with at-a-glance trip planner for 75 trails, parks, forests, and preserves that identifies by location the recreational opportunities (hiking, walking-running, biking, horseback riding, boating, fishing, camping, and swimming), historic sites, and nature centers.
  - Locations of state gamelands, water trails, and boat access points.
  - Responsible recreation guidelines.
  - Regional conservation and trail stewardship efforts, plus information about the natural, historical, cultural, and agricultural values of the Pennsylvania Highlands.
  - Overview of the AMC's Pennsylvania Highlands Trail Network Project, which as envisioned will traverse the entire region from Bucks to Adams Counties.
  - Outdoor resources available from the AMC, state agencies, and outdoor recreation and tourism organizations.
- Free copies of the Pennsylvania Highlands Recreation Map and Guide can be requested through the AMC's website under "Hiking Resources" at [www.outdoors.org/hiketthehighlands](http://www.outdoors.org/hiketthehighlands).

**CAMP MOR**  
www.campmor.com

**OUTDOOR ADVENTURE GEAR**

- BACKPACKING • TRAVEL
- FAMILY CAMPING • CLIMBING
- RUGGED CLOTHING, FOOTWEAR & OUTERWEAR
- MOUNTAIN BIKES
- CANOES & KAYAKS
- BACKCOUNTRY & X-C SKIING

Visit our Retail Store:  
810 Route 17N, Paramus, NJ  
(201) 445-5000

For a Free Catalog, Call  
1-800-CAMP MOR  
(1-800-226-7667)

10% DISCOUNT on IN-STORE PURCHASES for NY/NJ Trail Conference Members (proof of membership required at time of purchase)

**Ramsey Outdoor**  
is your source for  
quality products from:

**Eureka!**

**Silva.**

10% discount to NY & NJ Trail Conference members with proof of membership.  
Come in and compare our excellent service & competitive pricing!

www.ramseyoutdoor.com

**RAMSEY OUTDOOR**

Rt. 17 N. Paramus 201-261-5000  
Rt. 17 S. Ramsey 201-327-8141  
Rt. 46 Ledgewood 973-584-7799

# Featured Hike



By Georgette Weir

## Over the River and Into the Woods

Two new state parks in the Mid-Hudson Valley offer diverse walking and hiking options



View south from Walkway Over the Hudson Historic State Park

Many know about the new Walkway Over the Hudson Historic State Park, the repurposed former railroad bridge that links Poughkeepsie and Highland in the mid-Hudson region. Fewer are aware of a second new park that connects to the Walkway: Franny Reese State Park, 250 wooded acres with 2.6 miles of trails on the steeply sloped west bank of the river just south of the Franklin D. Roosevelt (Mid-Hudson) Bridge.

A hike of almost 6 miles is possible by adding the trails of Franny Reese to the 3.6-mile Walkway Loop Trail over the two bridges. The route is accessible by train as well as by car, and this description starts from the Poughkeepsie train station. Even if you're driving, this is not a bad place to start; weekend parking is free and it's just a 15-minute city walk to the Walkway access. Parking at both ends of the Walkway has been difficult on weekends, owing to hordes of visitors.

From the main, east-facing entrance of the station, head uphill, trending left until you come to an intersection with a fenced-

in playground on the northeast corner. A Walkway Loop Trail sign—follow them all the way—points to the right. In less than 100 yards, turn left across a greenspace (unless you want to head first for the Aurora Café that is straight ahead—a long-time Poughkeepsie landmark). Turn left again, cross over the Fallkill Creek, make a right onto Verrazzano Blvd., and continue until you reach Washington St., where you will make a left, then a right onto Parker Ave. The entrance is down the street. The Walkway is open 7am till sunset.

The next part is easy: go west, a straight 1.25 miles over the Hudson.

From the Walkway's Highland portal, pass through the parking area, and turn left down Haviland Road. In 0.5 mile you will reach Johnson-Iorio Park, a small terrace overlooking the Hudson River. Look for a staircase just before the Mid-Hudson Bridge. Go down it and turn right. You are now on a broad path in Franny Reese State Park. As of this writing, there is no interpretive kiosk or map at this entrance.

Follow the path (yellow blazes) uphill to a junction with a blue-blazed path. A sign points to the one clear overlook in this park. From the overlook, continue to follow the blue blazes.



## Join/Renew Membership to the NY-NJ Trail Conference

1,700 miles of trails; your membership helps us expand our horizons.

**Included with membership, Trail Walker, 10% discount on purchases at many outdoor stores, and 25% discount on all Trail Conference maps and books purchased directly from the Trail Conference.**

Save time and a tree by joining or renewing online at [www.nynjtc.org](http://www.nynjtc.org). Just click on the Join/Renew Now button.

### MEMBERSHIP TYPE

Select one:  Join  Renew Membership # if available \_\_\_\_\_

	Individual	Joint/Family
Regular	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
Sponsor*	<input type="checkbox"/> \$60	<input type="checkbox"/> \$75
Benefactor*	<input type="checkbox"/> \$120	<input type="checkbox"/> \$150
Senior (65+)	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30
Life*	<input type="checkbox"/> \$1,000	<input type="checkbox"/> \$1,500

To purchase a gift membership, call 201-512-9348, extension 26.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_  
 E-MAIL \_\_\_\_\_

Check or money order enclosed  Visa  Mastercard  Amex  
 Card # \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Make check or money order payable to the NY-NJ Trail Conference, and mail to: 156 Ramapo Valley Road, Mahwah, NJ 07430.

\*New Sponsor, Benefactor, and Life Members may elect to receive a Trail Conference cap. Check here if you would like us to send you a cap.

*Tax-deductible. Dues are not refundable.*

Under a powerline, this trail reconnects with the yellow trail (which turns right to a car access entrance and information kiosk in about 0.25 mile). Bear left to another junction, where a white trail heads south. Follow this 1.76-mile trail, which will loop back north, passing many stone walls and the ruins of structures. The side of the loop nearest the river is prettiest. The park is pretty well covered with trees, so scenic views are scarce.

The white trail returns to the yellow trail; follow it downhill and back under the bridge. Climb the stairs, and cross the Mid-Hudson Bridge, following the Walkway Loop Trail signs through a residential area, making a left onto Rinaldi Blvd., which will take you back to the train station.

Maps for both the Walkway Loop and Franny Reese State Park can be downloaded online. For links, go to our website: [www.nynjtc.org](http://www.nynjtc.org)—Go Hiking tab—Find a Park—scroll to the park name, and click.

## Hikers' Marketplace



NY-NJ TC member?  YES  NO  JOINING NOW Member # \_\_\_\_\_

Please order by circling price Retail Member P/H Total

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

Catskill Trails (2005) & see combo	\$14.95	\$11.21	+\$1.75	_____
East Hudson Trails (2008)	\$10.95	\$ 8.21	+\$1.60	_____
Harriman-Bear Mountain Trails (2008)	\$ 9.95	\$ 7.46	+\$1.60	_____
<b>NEW!!</b> Hudson Palisades Trails (2009)	\$ 8.95	\$ 6.71	+\$1.60	_____
<b>NEW!!</b> Kittatinny Trails (2009) & see combo	\$13.95	\$10.46	+\$1.75	_____
<b>NEW!!</b> North Jersey Trails (2009)	\$ 9.95	\$ 7.46	+\$1.60	_____
Shawangunk Trails (2008) & see combo	\$10.95	\$ 8.21	+\$1.60	_____
South Taconic Trails (2006)	\$ 4.95	\$ 3.71	+\$1.20	_____
Sterling Forest Trails (2008)	\$ 7.95	\$ 5.96	+\$1.40	_____
<b>NEW!!</b> West Hudson Trails (2009)	\$ 8.95	\$ 6.71	+\$1.60	_____
Old Croton Aqueduct (Friends of OCA, 2008)	\$ 4.95	\$ 3.71	+\$1.10	_____

### Books

<b>NEW!!</b> Walkable Westchester (2009)	\$24.95	\$18.71	+\$3.70	_____
Appalachian Trail Guide to New York & New Jersey (2007)	\$22.95	\$17.21	+\$3.20	_____
Hiking the Jersey Highlands (2007)	\$22.95	\$17.21	+\$3.70	_____
New York Walk Book (2005) & see combo	\$22.95	\$17.21	+\$3.70	_____
New Jersey Walk Book (2004) & see combo	\$19.95	\$14.96	+\$3.70	_____
Day Walker (2002)	\$16.95	\$12.71	+\$3.20	_____
Hiking Long Island (2008)	\$22.95	\$17.21	+\$3.70	_____
Kittatinny Trails (2004) & see combo	\$18.95	\$14.21	+\$3.20	_____
Long Path Guide to NY/NJ (2005)	\$16.95	\$12.71	+\$3.20	_____
Scenes & Walks in the Northern Shawangunks (2006) & see combo	\$13.95	\$10.46	+\$3.20	_____
Nature Walks in New Jersey (2003)	\$14.95	\$11.21	+\$3.20	_____
<b>NEW!!</b> AMC Catskill Mountain Guide (2009)	\$23.95	\$17.96	+\$3.20	_____
ADK Catskill Trails (2005 ed. with revisions, 2009)	\$19.95	\$14.96	+\$3.20	_____
Shawangunks Trail Companion (2003)	\$18.95	\$14.21	+\$3.70	_____
Moon Take a Hike NYC (2006)	\$16.95	\$12.71	+\$3.20	_____
Walking Manhattan's Rim (2003)	\$13.95	\$10.46	+\$3.20	_____
50 Hikes in the Lower Hudson Valley (2008)	\$16.95	\$12.71	+\$3.70	_____
50 Hikes in New Jersey (2006)	\$16.95	\$12.71	+\$3.70	_____
Best Hikes w/ Children in New Jersey (2005)	\$15.95	\$11.96	+\$3.20	_____
Best Hikes w/ Children in the Catskills & Hudson River Valley (2002)	\$14.95	\$11.21	+\$3.20	_____
Hudson to Delaware: The Great Valley (2004)	\$75.00	\$56.25	+\$5.70	_____
West Milford's Bakers Dozen (2008)	\$ 9.95	\$ 7.46	+\$2.70	_____

### Combo-Packs

NY & NJ Walk Books	\$38.60	\$28.95	+\$4.75	_____
Shawangunk (3-map set & Scenes & Walks book)	\$21.65	\$16.24	+\$3.25	_____
Kittatinny (4-map set & book)	\$28.60	\$21.45	+\$3.25	_____
Catskills (5-map set & ADK Catskills Trails book)	\$30.35	\$22.69	+\$3.25	_____

### The Personal Touch

Note Cards: TC Collection	\$12.00	\$ 9.00	+\$3.20	_____
Long-sleeve Denim Shirt Circle: S M L XL	\$29.90	\$22.42	+\$6.00	_____
Polo Shirt (Forest Green) Circle: S M L XL	\$19.90	\$14.93	+\$6.00	_____
Trail Conference Baseball Cap	\$ 5.00	\$ 3.75	+\$2.30	_____
Trail Conference Logo Patch	\$ 2.50	\$ 2.50	postpaid	_____
Long Path Logo Patch	\$ 2.75	\$ 2.75	postpaid	_____
Trail Conference Logo Decal	\$ .85	\$ .85	postpaid	_____

Subtotal \_\_\_\_\_

Postage/handling from above \_\_\_\_\_

New Jersey residents add 7% tax\* \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 EMAIL \_\_\_\_\_ TELEPHONE \_\_\_\_\_

Method of Payment:  
 Check or money order enclosed  
 Visa  Mastercard  Amex  
 Card # \_\_\_\_\_  
 Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Signature: \_\_\_\_\_

Make check or money order payable to NY-NJ Trail Conference, and mail to: 156 Ramapo Valley Road, Mahwah, NJ 07430. For a full descriptive catalog, please write or call 201-512-9348.

\*Tax must be paid on books, maps, misc., but not on clothing or shipping, by customers with NJ ship-to (not billing) addresses. Prices are subject to change. (1/10)

**YOU CAN ALSO ORDER AT OUR WEBSITE: WWW.NYNJTC.ORG**