



TRAIL WALKER

New York-New Jersey Trail Conference – Maintaining 1,672 Miles of Foot Trails

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Trail Conference to Get New Home

A 19th-century schoolhouse in Mahwah, NJ, is set to become the 21st-century home for the Trail Conference, thanks to a four-way partnership to preserve a distinctive historic structure that sits at the gateway to Bergen County's Highlands.

"This is a great building, at a great location for the Trail Conference," says Executive Director Ed Goodell. "It gives us the office space we need, has a big, beautiful room on the second floor that will be a fantastic setting for large-group meetings—such as delegates' meetings and workshops—and it's located next to an extensive network of trails in the heart of our region. There is also storage space for our tools. It's perfect for the Trail Conference. It even looks like us—rustic and sturdy. We're thrilled."

The structure, a stone and shingle building known as the Darlington Schoolhouse, was built in the 1890s and has been vacant for 30 years. It sits adjacent to the 2,145-acre Ramapo Valley County Reservation and Mahwah's Continental Soldiers Field, just over a mile south of the Trail Conference's current leased offices in Mahwah.

In a deal that has been three years in the making, the Trail Conference is partnering with the town of Mahwah to jointly pur-

chase the historic structure with funds donated by Bergen County (\$250,000) and the New Jersey Green Acres Program (\$300,000).

The fourth partner is a land trust, The Morris Land Conservancy. It negotiated the sale, purchased the property from private owners in January, and is providing the bridge financing that will put the site into



LARRY WHELOCK

The Trail Conference plans to renovate and occupy this 19th-century schoolhouse.

the hands of the Trail Conference and town of Mahwah. As of the deadline for this issue of *Trail Walker*, plans were to conclude the transfer in March.

The building will be renovated and its mechanical systems installed at an estimated cost of \$1 million. Bergen County has committed additional funds to help with renovation costs, and the Trail Conference is in the process of identifying other new sources of support for the project. The hope is that the Trail Conference will move into the new offices in 2008.

Turn to Ed Goodell's column on page 3 to learn more about the history of the schoolhouse and plans to convert it into Trail Conference headquarters.

Put yourself in the picture...



... at the Trails Celebration that is the 36th Biennial Appalachian Trail Conservancy Conference, organized this year by the New York-New Jersey Trail Conference.

July 13-20, 2007, in Mahwah, NJ. Eight Days of Fun – Come for a day, weekend, or every day. Everyone is welcome, no membership required. See the special supplement with this issue of *Trail Walker* for all the details.

Register March 1 - June 1, 2007
www.Ramapo2007.org

Keeping the AT above Water in Vernon, NJ

Shortly after a period of drought in our region in the 1990s, came consecutive years of deluge. Beginning in 2002 and in every year since, "hundred-year" storms seemed to strike more than once a year. One result: a section of the broad Vernon, NJ, flood plain across which the AT traverses often became impassable. A branch of the normally small Wawayanda Creek, midway between Route 94 and Canal Road, regu-



Before

LARRY WHELOCK

The AT bridge in Vernon (in center of picture) just wasn't long enough any more.

larly flooded to such a level that the bridge across the stream-bed became isolated in what often looked like a pond. Hikers had to backtrack and take a two-mile detour to cross the stream.

In 2004, the Trail Conference obtained a Federal Recreational Trails Program Grant, administered by the New Jersey Dept. of Environmental Protection, Division of Parks and Forestry, Office of Natural Lands Management, to remedy this bridge problem and replace nearly 1,000 feet of puncheon board walk east of the site. By the fall of 2005 everything was in place to begin work, and the Appalachian Trail Conservancy's Mid-Atlantic crew arrived to dig in. They started, but in a pouring rain that dumped somewhere between four and seven inches of water within 24 hours. The site was soon under more water than ever. The crew moved on to drier climates, and Trail Conference volunteers collected the materials that had been scattered about the surrounding fields and made plans for 2006.

Finally, after the spring floods went down in the summer of 2006, Sandy Parr and his North Jersey Trail Crew were able to begin the project, with considerable help from Bob Parichuck, project manager for the North Region of the NJ DEP, and the staff at Wawayanda State Park. Working through the summer and fall, the team rebuilt and significantly extended the badly damaged existing structures. On December 10, 2006, the job was declared finished. Sandy was on site most Sundays

during this time, often with only one or two volunteers helping, but sometimes with as many as a dozen.

This dedicated crew deserves big thanks for helping hikers keep their feet dry across this seemingly quiet little stream. Let's hope that there aren't any thousand-year storms on the horizon!

Volunteers on the Wawayanda Creek Bridge for the AT Crossing in Vernon: Estelle Anderson, James Cornelius, John Grob, Chuck Irwin, Robert Jonas, Mike Machette, Gay Mayer, Frank McNulty, Sandy Parr, Chuck Ricciardi, Keith Scherer, Arch Seamans, Bill Stoltzfus, Jeff Worrall, Ray Worrall, and Jim Wright.



After

JAMES WRIGHT

Keith Scherer, Sandy Parr, and Mike Machette stand on the finished bridge.

TRAILWALKER

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 GEORGETTE WEIR EDITOR
 LOUIS LEONARDIS GRAPHIC DESIGNER

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Mission Statement

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

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

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

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From the Chair

Get a Step Ahead on Your Summer Plans

Over the past two years, we have been publishing announcements about the Trail Conference hosting the 36th Biennial Appalachian Trail Conservancy Conference at Ramapo College in July. This issue carries a *Trail Walker* supplement that details the family-friendly program—an ambitious schedule of hikes, workshops, and excursions—that has been organized by our hard-working local committee members. The supplement also contains the registration packet. Beginning March 1st you can register using the form in this newsletter and mailing it in, or by going online to Ramapo2007.org and completing the registration process there.

The conference focuses on the Appalachian Trail, but there is more to it than that. We have scheduled 94 hikes—25 on the AT, the rest exploring other areas in our trail-rich New York-New Jersey area. There are 70 workshops at which attendees

can learn trail-building skills, hear about initiatives to document and monitor the ecological richness of the AT corridor, learn how to attract and manage volunteers, or even learn origami or how to take good



nature photographs. There is a program for youth and many activities suitable for the whole family. We've made sure there is something for everyone.

I first attended an ATC Biennial Conference in 1981, when I was asked to present a

workshop on running a litter day. I quickly realized that these conferences were excellent ways to explore different areas of the eastern United States, to absorb local culture, to hike new trails, and to meet other hikers. At the next one, in New Paltz in 1983, my husband Walt and I were in charge of registration, and I realized that there are many ways to contribute and have fun.

You still have an opportunity to be involved in this year's event. Join us July 13-20 for eight days of fun—take workshops, lead a hike, chaperone an excursion, or just talk with hikers from outside the region. Join me in welcoming other hikers to our region. Get a step ahead in planning your summer hiking or vacation and sign up early. I hope to see you at Ramapo 2007!

—Jane Daniels
 Chair, Board of Directors
 Chair, Ramapo 2007

Authors Seek Adirondack Stories

Carol and David White, coauthors of *Catskill Day Hikes for All Seasons* (ADK, 2002) and editors, *Catskill Trails* (ADK, 2005) are compiling a book of stories of adventures and misadventures in the Adirondack Park in all seasons. Submit them as Word attachments or emails to ccswhite@juno.com or send to 28 Mulberry St., Clinton, NY 13323. Guidelines and ideas: two to four double-spaced pages (or more). Subjects might be: lessons learned in the wild, getting lost, accidents or injuries, the joys and trials of bushwhacking, extreme weather, challenging terrain, long daytrips, animal stories, encountering the unexpected, humor, reminiscence, equipment malfunction, appreciation of the natural world, why you venture into the wild. No submission deadline; planned completion, 2007.



LOU LEONARDIS

On the Job

The Trail Conference welcomes a new colleague to the office and field.

Katy Dieters joined the Trail Conference in December 2006 as our new membership and volunteer associate. She will be working with Josh Howard and Heidi Adami, focusing on community outreach to expand the current membership and volunteer base for the Trail Conference.

Katy joins us after two years with the United States Peace Corps in Turkmenistan. She lived in a village on the Uzbekistan border

developing various programs for youth, her largest project being a sports school for Turkmen youth.

Upon returning stateside, she left her roots in Colorado and moved east in search of the city life. She quickly realized her preference for tall trees over skyscrapers and joined the Trail Conference team.

Katy is an avid snowboarder and traveler. She has been to more than 30 countries and is excited to start exploring the eastern U.S. with the Trail Conference, on foot that is.



Call for Candidates for Trail Conference Board, Delegates

The Trail Conference Nominating Committee seeks nominations for the board of directors and delegates-at-large. We are looking for board members with a background of skills in communication, fundraising, environmental science, and government.

Self nomination is encouraged. You can also suggest others if they meet the requirements and might be willing to serve if nominated.

Send nominations with resume (if possible) to:

nominations@nynjtc.org, "Nominating Committee" in subject line.

Nominating committee members: George Becker, Jr, Chair; John Gunzler, Malcolm Spector, Josie Gray, Denise Vitale

Hooray and Thank You!

We are so thrilled that Sterling Forest State Park remains whole!

On behalf of the Board of Directors and volunteers of the Sterling Forest Partnership we want to thank the New York-New Jersey Trail Conference for encouraging Governor Pataki to pursue negotiations for purchasing the 575-acre inholding so that Sterling Forge Estates property should remain intact as part of Sterling Forest State Park.

Sterling Forest is the keystone of the Highlands, and the Sterling Forge acquisition was crucial to avoid serious

Letters to the Editor

detrimental impacts to the natural resources within this parcel and the surrounding parkland and to New Jersey's drinking water.

Thank you for your leadership and for the support of the Board of Directors, staff, individual volunteers and club members [TC-ADK Partnership], as well as Neil Woodworth's legal advice over the years.

The Trail Conference has a unique ability to advocate successfully and it should be very proud of its role in protecting this unfragmented 21,000-acre preserve. It is a pleasure and a privilege to work with you.

—Mary Yrizarry & JoAnn Dolan
 Sterling Forest Partnership, Inc.

Send Us a Letter

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

Visit Us Today!

www.NYNJTC.org

From the Executive Director

Our New Home



A January front-page headline in Bergen County's *The Record* (see www.nynjtc.org) broke the news: "Outdoors group to give new life to historic school: 1\$ million makeover." It went on to describe how the New York-New Jersey Trail Conference and the town of Mahwah are purchasing a historic landmark with public funds with the intention of converting it into the Trail Conference's headquarters.

The "Darlington schoolhouse" was built in 1891 by Theodore Havemeyer and decided to the town of Mahwah for use as a "schoolhouse and ecumenical meeting room." It served as a school building for area children until the mid-1940s and was then used administratively by the school district and as a local dance studio through the '50s and '60s. Since then it has been mostly vacant and reverted to private ownership; for historic preservationists, it became a high priority protection target.

This history set the stage for a public/private partnership to preserve the building and make it accessible to the public. The Morris Land Conservancy stepped in to negotiate the property sale and provide bridge financing for the purchase. The County of Bergen and the New Jersey Green Acres program are providing the acquisition funds to the Trail Conference and the town of Mahwah to jointly acquire



New Jersey Historic Trust awards funds for preservation plan.



This beautiful second-floor space will be used for group meetings and workshops.

the property from the Morris Land Conservancy. Additionally, the County of Bergen has also committed funds for the building renovation.

The Trail Conference was recognized as a good vehicle for making this preservation project happen with public funds. As a conservation and recreation organization, we meet the requirements for occupying properties purchased with Green Acres and Bergen conservation trust funds. We're open the year-round, so the public will both enjoy the exterior restoration and be able to visit the interior. Furthermore, visitors to the adjacent Ramapo Valley Preserve and Ringwood State Park can obtain hiking and trip planning information for area parks from us.

The location is a good match for the Trail Conference. In addition to being located at the entrance to the largest park in the state's most populated county, it is just a mile south of our current offices and centrally located to the 1,700 miles of trails maintained by Trail Conference volunteers. It sits at the base of the escarpment of the New Jersey-Hudson Highlands, where there is a nexus of greenways between New York and New Jersey. Unlike our current

office, the building is surrounded by park property that can be used to conduct training on site. It also has a double garage for tool storage and repairs.

The historic building itself matches the rustic, hand-hewn character of the Trail Conference. The building is both beautiful and practical for the Trail Conference. With clever interior design, it should provide both adequate working and meeting/training space. Our hope is to keep the upstairs meeting room open for large groups like the Trail Council and delegates' meetings.

Besides our public partners, several Trail Conference members have moved this project from concept to reality. Tibor Lantincics first suggested the idea while we enjoyed a bird's-eye view of the building on a hike during the 2003 annual meeting at Camp Glen Gray. Local Trail Conference members Carol Greene, Gus Vasiliadis, and John Spiech have provided constant encouragement and assistance. David Epstein, executive director of the Morris Land Conservancy (and a Trail Conference life member), has provided encouragement, counsel, and his own organization's bridge capital to make sure the deal closed.



Rustic, sturdy, and elegant too.

And finally, life member George Becker has made the first large donation to the building fund as well as developing a plethora of ideas to complete the renovation and occupy the building.

Members should know that the Trail Conference Board of Directors fully supports this move but has directed that all historic preservation and renovation funds must come from new sources so as to not cannibalize resources needed to fully accomplish the Trail Conference's regular mission. With this directive, a Darlington Schoolhouse Steering Committee, chaired by member Drew Lehman, is holding meetings and developing plans that call for a variety of volunteer committees to manage this project to its completion.

Any members who want to get involved in this fascinating project should contact our volunteer coordinator, Heidi Adami, at 201-512-9348, ext. 26, or adami@nynjtc.org. In addition to fundraising, volunteers are needed in project management, the construction trades, interior design, landscape design, accounting, and law.

We look forward to a day in 2008 when we can host our first open house in our new headquarters at 600 Ramapo Valley Road in Mahwah, New Jersey.

— Ed Goodell, goodell@nynjtc.org

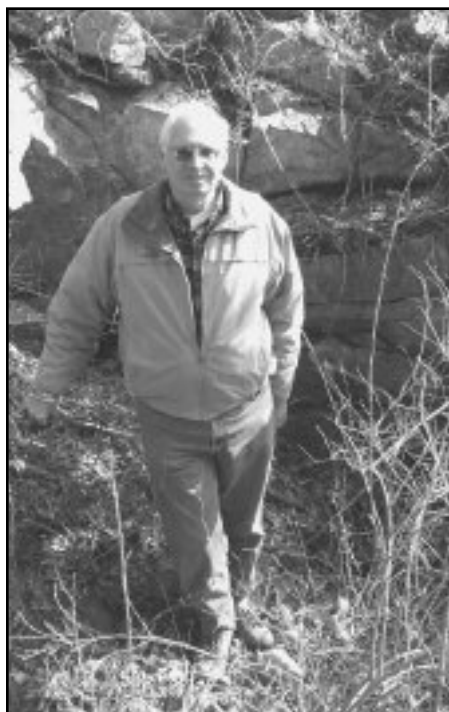
Volunteer Profile John Mack: A Synonym for Dedication

In his volunteer activities with the Trail Conference, John Mack has created what almost amounts to a second career. "He is practically part of the staff," says cartographer Allison Werberg, who worked with John on the just published eighth edition of the North Jersey Trails map set. John was project manager. "I'm accustomed to being a feature here at the Trail Conference," John admits with a smile, adding that he finds the work "all very interesting and to the point."

A member of the Trail Conference "off and on" for 25 years, John helped out with the occasional trail project, all the while hiking, tracking his historical interests in the region's iron mines, and pursuing an active interest in Central American archaeology, participating in formal excavations there whenever he could. (He still does.)

About five years ago, he stepped up his Trail Conference involvement after retiring from his job as a mechanical engineer specializing in large internal combustion engines, such as those used to power ships and generators. His retirement coincided with the Trail Conference's move to Mahwah and offices that were just five miles from his home. He soon found himself with an easy new commute and immersed in a variety of trail work, both inside and out of the office.

John has helped organize the records of Trail Conference properties and spearheaded the Trail Conference efforts to support passage of the Highlands Act by gathering thousands of signatures on petitions. He worked with the late Martin Deeks on laying out the 5-mile Hasenclever Iron Trail in Ringwood State Park and getting all the necessary permissions from park officials and private land owners. He helped design and install the bridge at the Popolopen Gorge, then "got my training from Eddie Walsh and Roland Breault" while assisting in the construction of the approach to the bridge. With Pete Tilgner he helped build the Wildcat



Volunteer John Mack is a Trail Conference fixture.

Mountain Trail in Sterling Forest, and then, with his wife Mary, assumed maintenance duties on its northern half. John has been an at-large delegate to the board of directors and an all-around member of the publications committee, helping with GPS recording, editing, field checking, and production.

Most recently, John has taken on the title of trails chair for the West Hudson South Committee, covering trails at Sterling Forest and Bear Mountain-Harriman State Parks. At the same time, he continues to work with Malcolm Spector to lay out another new trail, dubbed the Iron Belt

The work, says John, "is all very interesting and to the point."

Trail, which is envisioned to run 25 miles and connect Wawayanda State Park to Mahlon Dickerson Reservation.

"John is a dedicated, committed, passionate volunteer who sees every project through to the end," says Josh Howard, director of membership and development for the Trail Conference. "When there is a need to be filled, John has selflessly volunteered to fill the gap."

"It's interesting work," says John modestly. "There are new challenges all the time and I like to dig in." Obviously.

State Advocacy Committees Kick-off 2007

Fifteen enthusiastic Trail Conference members gathered in Mahwah on January 31 for a lively discussion about New Jersey policy issues ranging from the Garden State Preservation Trust Fund to ATVs to the Highlands Draft Regional Master Plan. This group, the newly formed New Jersey advocacy committee, will work with staff to create a New Jersey policy agenda for the Trail Conference.

A New York advocacy committee convened in February and will focus on policy priorities for that state. The Trail Conference hopes this committee structure will create an inclusive policy agenda-setting process that reflects members' passions and priorities.

Both groups will meet every other month, with the next meeting of the New Jersey committee scheduled for March 28, 7pm, at the Trail Conference office in Mahwah. Please check our website (www.nynjtc.org/issues/index.html) for the next New York committee meeting, which is tentatively planned for April.

Contact Brenda Holzinger (Holzinger@nynjtc.org; 201-512-9348, ext. 25) if you are interested in joining the Trail Conference advocacy effort.



www.nynjtc.org/issues

Conservation & Advocacy



From the Conservation & Advocacy Director:
William P. O'Hearn

A Second Chance on Sterling Forest Trails

In our role of what we call "Trail Support," Conservation & Advocacy works with our trails staff, volunteers, and state agencies to resolve issues in public parks in northern New Jersey and southern New York. Nowhere is there a better chance to upgrade a local trails network than the one presented by Sterling Forest.

We feel that the appointments of Carol Ash as commissioner of the Office of Parks, Recreation and Historic Preservation (OPRHP) and Jim Hall as executive director of Palisades Interstate Park Commission (PIPC), plus the recent acquisition of the Sterling Forge parcel, now give us a great opportunity to revisit the Sterling Forest trails issues and work out a trails program that makes the best

recreational use of this fantastic resource of 20,000 acres right on the New York-New Jersey border.

To quickly recap the recent history: In 2001 the Sterling Forest State Park Draft Environmental Impact Statement (DEIS) stated that the old logging roads running through the park would be used as the main hiking trails. The Trail Conference protested that many of these woods roads were not appropriate for hiking because they were located in the wrong places and were too often flooded or eroded (see Ed Goodell's column in the May/June 2006 *Trail Walker*). The park's final EIS report accepted this position, saying that "woods roads are often not the preferred alternative for various types of trails," but, unfortunately, very few changes have been made in the last four and a half years.

The most recent Sterling Forest plan showed that trails are still largely on woods roads; it adds mountain bike and equestrian uses to other logging trails in

continued on page 7

Conservation & Advocacy News Notes

Spitzer Budget Proposal and the Environment

The first executive budget proposal submitted by Gov. Eliot Spitzer includes increases to the Environmental Protection Fund tied to adoption of an expanded bottle-deposit bill (dubbed the Bigger Better Bottle Bill), and increases in staffing for both the Dept. of Environmental Conservation and the Office of Parks, Recreation and Historic Preservation. The latter would be paid for by funds outside the EPF, a step strongly endorsed by the Trail Conference. With the adoption of the updated bottle bill, the EPF would be expanded by at least \$100 million in two years, to \$325 million. There will not be any increase in the EPF if the bottle bill expansion does not become law. The governor's spending proposal for the EPF includes:

- \$58 million for land acquisition, an increase of \$8 million;
- \$21 million for state land stewardship, an increase of \$6.5 million;
- \$25 million for municipal parks, an approximately \$5 million increase;
- \$28 million for farmland protection, a \$5 million increase;

New \$2 million smart growth line item replacing the quality communities program.

He has proposed 52 new positions at OPRHP: 13 park police officers, 3 facility managers, 7 park workers, 13 skilled trained maintenance positions, 10 environmental specialists; and 109 new positions at DEC: including 10 in Lands and Forests for natural resource damages, 3 new staff positions for administration and enforcement of the bottle bill, a new climate change office with 12 positions

These proposals are all up for negotiation during the budget-making process.

NJ Trails Plan Still in Limbo

The draft New Jersey Trails Plan, originally scheduled for release in January, is now expected to be available on the web in March or April for public comments at this address: www.njtrailsplan.org. The Trail Conference will analyze this plan when it is released and submit written comments.

Garden State Preservation Trust Fund

The campaign to replenish the GSPT fund is in full swing and the Trail Conference is working with the Outdoor Recreation Alliance, a coalition of New Jersey environmental groups, to win voter support in November. C & A Associate, Brenda Holzinger, participated in a GSPT Fund lobby day on January 29 to mobilize support in the State House. For more details about the GSPT Fund, visit the ORA website at this address: www.outdoorrecreationalliance.org.

Governor Spitzer Makes Key Appointments

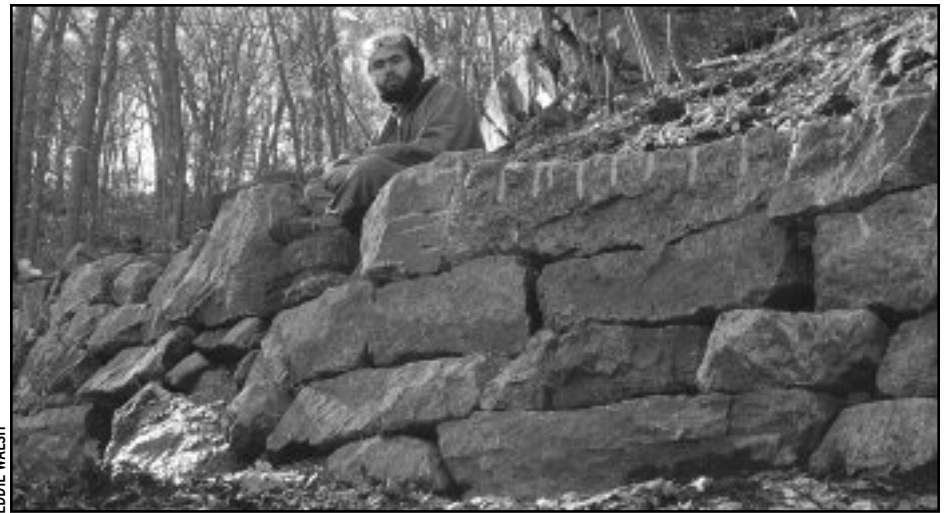
Alexander B. "Pete" Grannis, an Assembly member since 1974 and winner of many awards for his environmental efforts, is nominated as Commissioner of the Department of Environmental Conservation. Judith Enck, who served as policy adviser to Attorney General Spitzer for eight years and has significant environmental experience, is appointed as Deputy Secretary for the Environment. Carol Ash, is appointed commissioner of the state Office of Parks, Recreation and Historic Preservation. Ms. Ash spent the past seven years as executive director of the Palisades Interstate Park Commission, the first woman to hold the post in the agency's 107-year history. Jim Hall, previously New Jersey superintendent, is now acting executive director of the Palisades Interstate Park Commission.

DEC Requires Belleayre Hearings

A ruling by the New York State Dept. of Environmental Conservation in December will send the proposal to build a mega-resort at Belleayre through six hearings on topics to include whether the project could damage the New York City watershed, how it would affect storm water drainage, and whether it would add noise pollution and cause loss of aquatic habitats. The ruling was hailed by those seeking to reduce or stop the development, which threatens to have major impacts on the heart of the Catskills.

Town Preserves High Mountain

In January, the Town of Ramapo in New York's Torne Valley announced that it had purchased the 262-acre High Mountain for \$2 million. The mountain, described as a "passive park," is part of a greenbelt that extends to Ringwood State Park in Bergen County. Preservation of the Ramapo River watershed was cited as a primary motivation for the purchase by officials.



EDDIE WALSH

Bear Mountain volunteer Dan Hausner takes a break on a new crib wall.

The Inaugural Year on the Bear Mountain Trails Project

As winter finally settled on the Hudson Highlands, the first season of work on the Bear Mountain Trails Project—during which several hundred feet of new trail were built on both sides of the mountain—went into hibernation mode; work continued but at a slower pace, and headway was made in planning for the new work season. We have scheduled and invite you to join us for a Project Orientation Hike on March 31. This activity will offer potential volunteers and interested hikers a glimpse of new trail sections and an opportunity to learn more about the project. (See Trail University on page 5 and Trail Crew Schedules on page 5 for details about early BMTP dates.)

**More than
180 volunteers
contributed over
6,000 hours**

Before the new season gets underway, though, we want to look back and thank the more than 180 volunteers who contributed over 6,000 hours to the reconstruction project through 30 workshops and over 100 work trips in 2006. These volunteers included organized groups from Venture Crew #222 of Hillsdale, NJ; BSA Troop #50 of Mahwah, NJ; Novartis Pharmaceuticals, XL Capital LTD; BSA Troop of Monroe, NY; Peekskill High School Environmental Club; the Appalachian Trail Conservancy's Mid-Atlantic Crew (which spent two weeks on site); and a training crew from the Student Conservation Association.

Trail Change Highlight

Stonetown Circular Trail Section Relocated Off Road

The northern section of the red-triangle-on-white-blazed Stonetown Circular Trail in Ringwood, NJ, has been relocated onto attractive footpaths, replacing a 0.9-mile road walk. This improvement was made possible by the hard work of John Moran and the North Jersey Weekday Trail Crew.

The relocated section begins on Harrison Mountain, where the Stonetown Circular Trail formerly headed east and descended to Lake Riconda Drive (this 0.6-mile trail segment is now part of the Horse Pond Mountain Trail). The Stonetown Circular Trail (running jointly with the Highlands Trail) now descends the north side of Harrison Mountain on a footpath and reaches the shore of the Monksville Reservoir, with good views over the reservoir and dam. It continues parallel to the reservoir on a woods road and crosses Stonetown Road near Ricker Drive, just south of the Monksville Dam.

The following individual volunteers also gave significant amounts of time to make 2006 a success:

40+ hours

Sarah Heidenreich, Mike Garrison, Joan James, Aaron Benjamin, Denise Vitale, David Hogenaur, Chris Ezzo, Monica Day, David Day, Mark Elfenbein, Victor Alfieri, Sonja Mason, J. Cal Rizzuto and Richard Lynch

100+ hours

Steve Zubarick and Andy Helck

200+ hours

Ollie Simpson and Dan Hausner

Thanks to special donors

Several organizations and businesses were particularly supportive in 2006. Among them was our member club, Thendara Mountain Club (TMC). During the summer the TMC housed volunteers and visiting trail experts at their wonderful camp on Lake Tiorati. In the fall, the Education Through Adventure Leadership Camp (www.etatraining.com) provided housing for nearly 500-person nights to our volunteers and interns at their camp and hostel on Upper Twin Lake in Harriman.

Additionally, contributions were made to the project by the following foundations and businesses: the Ginsberg Foundation funded tool storage facilities, including job site boxes, a steel tool container, shelving, and a workbench for the project; the Christopher Reeves Foundation provided funds to complete the design of and help manage the summit Accessible Trail; Tilcon, NY, Inc., donated nearly 300 tons of crushed stone used for fill and as trail surfacing; Novartis Pharmaceuticals printed 15,000 full-color recruitment brochures, valued at \$3,200, free of charge.

And thank you to our partners: Appalachian Trail Conservancy, Palisades Interstate Park Commission, NYS Office of Parks, Recreation, Historic Preservation, and National Park Service-AT park office.

On the east side of the road, the trail follows footpaths and woods roads through lands of the North Jersey District Water Supply Commission, where hikers are requested to remain on the marked trail. The original trail route is rejoined near the base of Board Mountain, where the Stonetown Circular Trail heads east to climb the mountain. The former trail route out to White Road is now blazed as a connector trail to the Highlands Trail, with black-diamond-on-teal-diamond blazes. The relocation, which is shown on Map #115 of the new digital North Jersey Trails map, lengthens the Stonetown Circular Trail by about 0.4 mile.

It is also possible to do a loop hike by combining the former route of the Stonetown Circular Trail (including the two sections now blazed as a connector to the Highlands Trail and as part of the Horse Pond Mountain Trail, as well as the road walk) with the new trail route. For a description of this loop hike, see www.nynjtc.org/hotw.html.

See Trail News, next page, for a view of the Monksville Reservoir from the relocated trail.

TRAIL U

Teaching Practical Skills to Trails Volunteers At Locations throughout the NY-NJ Area

Unless otherwise noted, register by contacting: Heidi Adami, Volunteer Coordinator, at 201-512-9348 ext. 26, adami@nynjtc.org.

March 24

TU 173 AT Corridor Monitoring @ RPH Shelter, Dutchess County, 9 am to 3:30pm

This one-day workshop provides participants with first-hand experience on checking land boundaries and trail corridors for illegal uses such as ORV activity, trash dumping, trail land encroachment and other common problems. The “in the field” portion of this workshop will be spent off trail; therefore students should feel comfortable with off-trail hiking situations. Bring out the bushwhacker in you and brush up on map and compass skills.



Learn how to measure the real distance of a footpath March 24.

March 24 (snow date March 31) TU 172 Trail Measuring and Inventory @ Ward Pound Ridge Reservation, Westchester County

This will be an all-day course for those who would like to assist with the collection of trail data. Learn to use a measuring wheel, some simple GPS data collecting skills, and techniques for recording data in a consistent and timely fashion.

March 25

TU 175 Basic Rock Work: Moving and Setting Stone @ Bear Mountain

This is a general introduction to rock work. Using hand tools participants will learn how to quarry for stone from the surrounding forest, move stone safely to the trail using simple hand tools, safe body mechanics, and basic physics. The second half of the day will be devoted to setting stone in soil as components of rock steps or crib walls.

March 31

TU 176 Side-hill Trail Construction @ Bear Mountain

This is a great introduction to building trail and very suited to beginners. Participants will learn the basics of what makes trails sustainable. We will lay out trail grades using a clinometer and levels, then excavate a trail into the hillside using simple hand tools. Everyone will work on

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Trail Crew Schedules

March - April 2007

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

TBD = To Be Determined

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

NORTH JERSEY WEEKEND CREW

Leader: Sandy Parr, 732-469-5109

Second Sunday of each month

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

NORTH JERSEY WEEKDAY CREW

Leader: John Moran, johnmoran@earthlink.net

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

WEST JERSEY TRAIL CREW

Leader: Monica and David Day
Phone: 732-937-9098 Cell: 908-307-5049
Email: westjerseycrew@trailstobuild.com
Website: www.trailstobuild.com

All tools, materials and training will be provided

All events begin at 9am. There is usually a walk to the work site, so please be there on time. Call or email leaders for meeting place details and other questions. Rain cancels – if in doubt, call leaders between 6 and 6:30 that morning.

April 14 (Saturday)

Warren Trail, Jenny Jump State Park
Clear a section of the new Warren Trail.

April 28 (Saturday)

Willow Crest Trail, Swartswood State Park
Install a bridge and puncheon in wet areas on the new Willow Crest Trail in Swartswood State Park.

NJ HIGHLANDS CREW

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

First Sunday of each month +

Additional Saturday or Sunday trips are often scheduled. We tackle a variety of projects on the Highlands Trail in NJ. Details and directions are posted on the NY-NJ TC website calendar or contact the leader.

METRO TRAILS CREW

Leader: Joe Gindoff, 914-760-3568, joeghiker@aol.com

Third Saturday of each month

Trips start at 9am, locations TBA. Call or email for details. We serve parks from Pelham Park in the Bronx, to the Staten Island Greenbelt. To get more info on the many trips held throughout the seasons, contact us, and get onto our mailing list.

LONG PATH/SHAWANGUNK RIDGE CREW

Leader: Jakob Franke: 201-768-3612 (home), 212-342-0178 (work), 201-638-0582 (cell)

April 22 (Sunday)

Extend new ridge trail toward Shawangunk Ridge Trail
Meet: 10am, corner of Minisink Ave. and the Old Greenville Tpke. in Port Jervis

April 28 (Saturday)

Extend new ridge trail toward Shawangunk Ridge Trail
Meet: 10am, corner of Minisink Ave. and the Old Greenville Tpke. in Port Jervis

May 6 (Sunday)

New South Gully Trail, Sam's Point Preserve
Meet: 10 am, Preserve parking lot in Cragmoor

May 12 (Saturday)

New South Gully Trail, Sam's Point Preserve
Meet: 10 am, Preserve parking lot in Cragmoor

WEST HUDSON SOUTH

Leaders: Chris Ezzo (Crew Chief): 516-431-1148, musicbynumbers59@yahoo.com
Brian Buchbinder: 718-218-7563, brian@grandrenovation.com
Claudia Ganz: 212-633-1324, clganz@earthlink.net
Robert Marshall: 914-737-4792, rmarshall@webtv.net

April 12 (Thursday)

Popolopen Gorge, Bear Mountain State Park
Leader: Bob Marshall

April 14 (Saturday)

Bear Mountain State Park
Leader: Chris Ezzo

April 21 (Saturday)

Bear Mountain State Park
Leader: Brian Buchbinder

April 26 (Thursday)

Popolopen Gorge, Bear Mountain State Park
Leader: Bob Marshall

May 10 (Thursday)

Pine Meadow extension, Bear Mountain State Park
Leader: Bob Marshall

WEST HUDSON NORTH CREW

Leaders: Denise Vitale, crew chief: 845-738-2126, WHNTrails@aol.com
Dave Webber: H: 845-452-7238, webberd1@yahoo.com

Planning big things for May. Stay tuned.

EAST HUDSON CREW

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

Leaders: Michael Bongar, 914-788-0616,

michael@michaelbongar.com
Josie Gray, 845-831-5786, jospira@verizon.net
Alan King, 914-763-9643, ajking@mac.com

April 28 (Saturday)

Hudson Highlands State Park
Leader: Bob Marshall

May 12 (Saturday)

Hudson Highlands State Park
Leader: Josie Gray

June 2 (Saturday)

Hudson Highlands State Park
Leader: Alan King

BEAR MOUNTAIN TRAILS PROJECT

Contact: Heidi Adami
adami@nynjtc.org or
201-512-9348, ext. 26

Weekends and Tuesdays, starting March 31

Worktrips will occur every weekend and every Tuesday April through May.

April 14 (Saturday)

Beginners
Women's Worktrip

April 15 (Sunday)

Intermediate
Women's Worktrip



Trail News

Sterling Forest 'Donut' Not Yet Open for Hiking

Hikers should be aware that although the formerly private land at the center of Sterling Forest State Park is now officially part of the park, it is not yet open for hiking. A trail plan for the area has not been developed. The Palisades Interstate Park Commission, park managers, prohibits bushwhacking in its domains.

Beware Where You Park on Rt. 9D

Hikers in the East Hudson Highlands who park along Route 9D just north of the Bear Mountain Bridge need to heed restricted parking zones in the area. Hikers have reported getting notices that the area is “restricted.” In particular, note that parking along the wall is restricted.

Overnight Parking in Wawayanda

Hikers are advised that overnight parking on lands administered by Wawayanda S. P. in New Jersey is restricted to the parking areas at the State Line Trail trailhead off Route 511 and Greenwood Lake, at the Park headquarters, and at the Route 94 AT crossing in Vernon. Anyone parking overnight should notify the park in advance and leave a note in your window. Wawayanda S. P. phone: 973-853-4462

Storm King Crossover Trail Closed

The Crossover Trail, connecting the Stillman Spring Trail to the Howell Trail, in Storm King State Park is now closed. The trail was constructed as a temporary bypass to an area restricted during a multi-year ordinance clean-up in the park. With cleanup completed and the area once again open, the connector trail has been closed.



Stonetown Circular Trail Now Off Road

For a detailed description of the change, see story on page 4.

DANIEL CHAZIN



The Monkville Reservoir as viewed from Stonetown Circular Trail.

Volunteer Classifieds: Get Involved!

If you are interested in volunteering with the TC and do not see an opportunity that suits you, contact Heidi Adami, either by email, volunteers@nynjtc.org or phone, 201-512-9348, ext. 26, and she will find a way to get you involved.

Trail Maintainers

We are looking for individuals, couples, and families who are willing to adopt a section of trail. Maintainers are expected to visit their assigned section a minimum of twice a year, keeping it passable by cutting back brush, ensuring it is well marked and free of trash, and submitting semi-annual reports of their work. We have openings on several of our Trail Committees. Contact: Heidi Adami, volunteers@nynjtc.org, or 201-512-9348, ext. 26.

Appalachian Trail Corridor Monitor

Looking to get off the beaten path? Monitors are needed to patrol and watch the Appalachian Trail Corridor to protect against misuse and illegal activities. Responsibilities include: walking the corridor boundaries two to four times per year, verifying boundary markers along the corridor boundary, reporting evidence of trespassing and misuse such as dumping, logging, ATVs, etc.; assisting Corridor Manager in handling problems discovered; and meeting trail neighbors and easement holders annually. Contact: Heidi Adami, volunteers@nynjtc.org, or 201-512-9348, ext. 26.

Appalachian Trail Natural Heritage Monitors

Every summer and fall, Trail Conference volunteers head out to selected sites along the AT to monitor rare, threatened, or endangered plant species. Similar to trail maintainers, the AT natural heritage monitors visit the sites assigned to them at least twice per year. We are seeking new volunteers to participate in this project! Interested persons should contact Heidi Adami, volunteers@nynjtc.org, or 201-512-9348, ext. 26.

Can You Spare a Few Hours a Week?

Join the fun at our Mahwah office and assist with the packing of map and book orders, shipping membership cards, and processing membership renewals. Keep the Trail Conference's Orders and Fulfillment Department on track by lending us a hand. With a boom in memberships and book and map orders, we need your help. Interested persons should be comfortable working on a computer. Contact Gary Willick, either by email orders@nynjtc.org, or phone, 201-512-9348, ext. 11.



Attention all Doctors, Nurses, EMTs

We are seeking your help to provide round-the-clock staffing of an infirmary at the Appalachian Trail Conservancy Conference from July 13 through 20, 2007, at Ramapo College. Volunteers will be on-call to assist the conference guests for minor medical needs or to direct them to local facilities. Please help us by asking club or family members if they can put their skills to work for the Trail Conference. Contact Rick Savino at 201-785-9950 or rjsavino@cs.com.

Wanted: Student Interns

Earn an internship with the Trail Conference and gain skills in trail building, managing volunteers, and the administration of projects both large and small. This is a great skills and resume builder! Some internships come with stipends, some may earn academic credit. To learn more about intern opportunities, contact Heidi at volunteers@nynjtc.org or 201-512-9348, ext. 26.

Hike 10,000 Miles in his Shoes

By Howard E. Friedman, DPM

If you have slowly been increasing your day-hike mileage and want advice on how to really boost the distance you cover, consider asking Justin Lichter, age 26 and a former resident of Briarcliff, NY, for advice. (Justin now lives in California and was interviewed by telephone.) Mr. Lichter—trail name Trauma—recently completed hiking 10,000 miles in a period of just one year, covering the Pacific Crest Trail, the Continental Divide Trail, and the Eastern Continental Trail, which stretches from Canada to Florida and includes the Appalachian Trail. And the intrepid hiker accomplished this feat with less than 13 pounds of gear (although his pack weighed as much as 30-40 pounds with food and water).

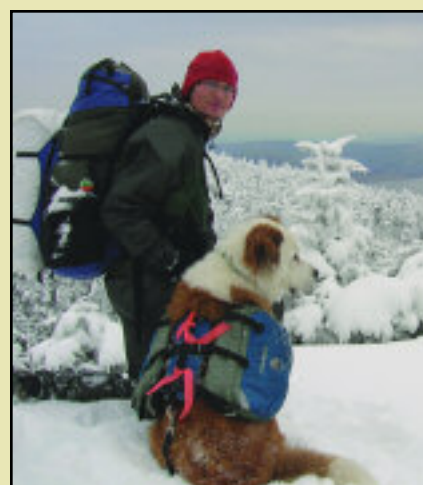


10,000-miler Justin Lichter on the Continental Divide Trail (above) and with his companion, Yoni, on a mountaintop in Quebec (below).

Step by Step to 10,000 Miles

This ultra-hiker did not just wake up one day and decide to walk 10,000 miles. Justin grew up day-hiking with his parents around Harriman State Park, with Anthony's Nose a favorite destination. His first extended-length hike, however, did not take place until he reached the age of 21. After graduating from the University of California with a degree in geology, he spent four months navigating his way through the riverbeds of southern Utah.

He made subsequent long-distance hikes in the years that followed: the Appalachian Trail and the International Appalachian Trail in 2003, the Pacific Crest Trail and Pacific Northwest Trail in 2004, and the Continental Divide Trail and Great Divide Trail in 2005. As he hiked, he would refine his equipment, shedding gear and extra equipment that did not suit his purposes.



Most interestingly, Justin carried no more than a liter of water and frequently carried none. He drank a full liter before each day of hiking and relied on water sources along the way. He would purify the water by immersing a battery-powered purifier, called a SteriPen, into the water he collected.

As he gained more experience and car-

ried lighter gear, Justin's daily mileage continued to increase. Savings from odd jobs and sponsorships from gear companies helped to fund his long excursions.

During his year of 10,000 miles, which began November 1, 2005, and ended October 22, 2006, on the terminus of the Continental Divide Trail near the Mexican border, Justin hiked 12 to 13 hours a day, walking 28 to 31 miles daily, on average. "I always want to see what's around the next corner," he says. He wore out nine pairs of arch supports and 14 pairs of shoes. (Justin used a Superfeet arch support and a custom foot orthotic made by a podiatrist. He favors Garmont's leather boots in cold weather, and that same company's running shoes when it's warm.)

330 Days of Pasta

Justin stopped in towns along the way to shop for food for both himself and his canine companion, Yoni, or to pick up supplies shipped by his mother to a local

post office. His staples included cereal and powdered milk, granola or energy bars, and lots of pasta—330 days of pasta, he estimates. His longest stint without re-supplying was nine days. Emerging from the woods after a number of days, his appearance would draw attention, he says. Indeed, in one town, a homeless man spotted the bedraggled hiker, assumed he was also homeless, and pointed him toward the nearest soup kitchen!

Not every experience was so welcoming, however. In the Colorado Rockies, Justin was charged by a grizzly bear. After coming within 50 feet of him, the grizzly stopped, turned, and walked away. "It was probably the scariest experience I've ever had," Justin says.

NY/NJ Was the Hard Part

"The New York and New Jersey sections were probably the hardest ones in the whole trip," Justin reports, explaining that he hiked those sections in the winter, during the first leg of journey. The white AT blazes were sometimes hard to see in the snow, he notes, though overall he found the section well blazed.

For a day-hiker considering a long-distance thru-hike, Justin recommends using the year preceding the hike to test what gear works best for the type of backpacking planned. Even though he had already hiked each of the trails on his 10,000-mile trek, Justin invested three to four months planning his adventure. Keeping his overall gear weight to a minimum helped this ultra-hiker maintain high daily mileage. More information and photos of "Trauma's" adventures are available at www.granitegear.com.

Howard Friedman is a frequent contributor to Trail Walker. A podiatrist, he typically uses his articles to share his expertise and recommendations about foot care with hikers.

Scouts Complete Three Projects in North Jersey Parks

In September, Chris Sawyer, of BSA Troop 77 in Wyckoff, designed and built a bridge for the Ringwood Ramapo Trail in Ringwood State Park. The bridge crosses Cupsaw Brook and allowed for the relocation of the trail out of a very muddy area with a difficult or impossible brook crossing at certain times of the year. All the materials for the bridge needed to be carried a half mile on the Ringwood-Ramapo Trail by the scouts before construction could begin.

In November, James Cahayla-Wynne of Troop 96 in Ringwood rehabilitated the Sanders Farm Site at Camp Glen Gray, Bergen County Parks in Mahwah. The Sanders Farm was established in 1810. The project consisted of cleaning up the area—more than a truck-load of debris was removed—and making and installing signs. The clean-up work included exposing the foundations by clearing many years of leaf litter and several dead trees. Drew Baumgardt of Camp Glen Gray trucked the debris out after the scouts carried it more than a quarter-mile to the nearest access point. The site includes the foundations for the original farmhouse and foundry along with a still functioning well.

Also in November Daniel Loughrey of Troop 96 in Ringwood designed and built a bridge with a 40-foot span over High Mountain Brook on the Blue Trail in Ringwood State Park. It was an immense undertaking for a scout group in light of the size of the bridge and the difficulty in transporting materials to the site, which is more than a mile from the nearest road access. With the help of Ringwood State Park, materials were trucked near the site on some pretty rough woods roads, which required park employees to clear downed trees with chain saws along the way. The park was able to get materials to within about 100 yards of the site; from there the scouts took over, moving three full truckloads of lumber and gravel through the forest to the site. Ringwood State Park also allowed the scout leaders to use a park "mule" to get the tools and generators required for construction to the site. The bridge uses a big boulder mid-stream as a support. Using a rock drill, the scouts pinned the center support beam to the rock.

All three scouts are residents of Ringwood.



Scouts of Troop 96 hard at work in Ringwood State Park.

Science & Ecology

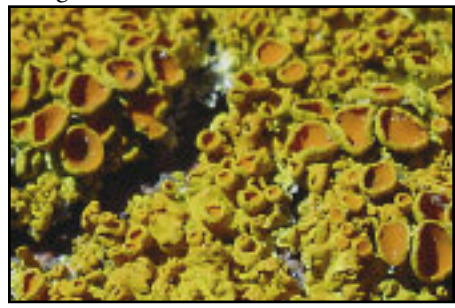
Lichens: Where 1 + 1 = 1

By Michael Alcamo

One of the most prevalent things we encounter in our forests—lichens—is also among the most fascinating and mysterious. A lichen is a composite organism, in which a fungal partner is enmeshed, cell by cell, with a mutually dependent algal partner. As lichenologist Trevor Goward once said, “Lichens are fungi that have discovered agriculture.”

There are more than a thousand fairly common lichens in North America. Only about five or six algal partners are involved in the combinations, so the species name is the name of the fungal partner.

Lichens grow in shapes and sizes that fall into three main categories. First are the *crustose* (crusty) lichens, such as the gray and green lichens that cover boulders and



MICHAEL ALCAMO

Xanthoria species

cliffs like blankets. Lichens may also be foliose, creating leafy formations—but don't mistake these for leaves. Third, they may be *fruticose*, sporting spectacular three dimensional forms like that of “Spanish moss” (not a moss at all, but a lichen of the genus *Usnea*).

This diversity is remarkable when you consider that if you were to have the fungal

partner in one dish and the alga in another dish, you would simply have two dishes of slime. But when they get together, and the alga photosynthesizes and the fungus provides a nice stable structure, you get a lichen and all of its complexity.

Even more remarkable is lichen's reproductive behavior. In addition to sexual reproduction, lichens also reproduce asexually by forming either of two distinctive structures that granularize and then blow away as tiny clones of the combined fungus-alga partnership. Due to this cloning behavior, the lichens in an area of a forest may therefore have nearly identical genomes. One might even say that they are all parts of the same large organism.

Most lichens grow extremely slowly, often less than a millimeter per year, and some lichens are thought to be among the oldest living things on Earth. Some lichens with very slow growth rates have been used to estimate the dates of geological events such as the retreat of glaciers.

While lichens are resistant to many harsh conditions, they seem to be sensitive to air pollution. Charles Darwin in 1790 noted the disappearance of lichens in areas near copper mines. Recent studies have shown a connection between acid rain and the disappearance of lichens. Today, researchers work to create a lichen survey or “flora” of a particular area in order to have a record that can be compared in 10 or 20 years' time.

There are several species you can get to know in our area. *Umbilicaria mammulata* is the large, “smooth rock tripe” that coats cliffs and boulders. You can see it clearly in Minnewaska State Park. These foliose lichens bind to the substrate with a central “umbilicus,” and look like small brown or green dinner plates. They have a smooth upper surface and a black velvety underside, covered with tiny “rhizomorphs.” *Umbilicaria* seems to prefer rock that is

undisturbed by people, so try not to walk on it.

Another common umbilical foliose lichen is *Lasallia papulosa*. *Lasallia* is usually a little smaller, with a blistered upper surface. The underside is deeply pitted, bare, and brown to tan. Native American cultures may have added these to soup because they seem to calm the stomach.



MICHAEL ALCAMO

Cladonia cristatella

A beautiful bright orange lichen found on stone walls is *Xanthoria elegans*, the “elegant sunburst lichen.” It is common on exposed cliffs and boulders. The lower surface is white, with coarse, tiny root structures, or “rhizines.”

You'll see *Flavoparmelia caperata*, the “yellow shield lichen,” on branches and trunks of trees. One researcher I know spends her time examining lichens at the tops of trees; she hypothesizes that the ground level is actually more of an accidental or opportunistic habitat.

In the Gunks and elsewhere, you'll see *Cladonia stellaris* piled at your feet like gray tumbleweed. This is the beautiful “star-tipped reindeer lichen.” In colder climates,



Evernia mesomorpha

they are probably the most important winter food source for caribou and reindeer. Commercially, they are used by architects or model train enthusiasts to make tiny model trees and shrubs. It grows slowly, so best to leave it in place.

Someone is bound to ask: what good are lichens? For one thing, they typically are distinguished by and may be valued for the unusual chemicals they produce. Litmus paper is made from one of these substances. Some lichens have been used through the years to dye clothing. The company Tom's of Maine uses a species of *Usnea* to make an underarm deodorant. Native Americans have turned the “leafy” *Umbilicaria* into syrup that can expel tapeworms. *Cladonia* and *Cladonia* are important sources of food for wildlife.

To my mind, perhaps they are interesting because they don't have much of a commercial purpose at all.

Member Michael Alcamo is an “avid amateur lichenologist” and hiker.



Tracking the Wild Invasives Year Two

Like to hike but trail building not your thing?

Want to learn plant identification and how to use a Global Positioning System (GPS)?

This volunteer opportunity is for you!

This is the second year of a three-year project supported by the USDA, which aims to better understand the spread of invasive plants in forested parklands that have high conservation value and high levels of public use. There is very little information about this in our region, which makes it difficult for park managers to determine the magnitude of the problem or how to manage it.

In a novel approach for scientific research, the field data will be collected by volunteer “citizen scientists.” Also, an explicit part of the research is to test whether hikers can collect accurate data regarding invasive plants.

We're betting that Trail Conference volunteers will indeed prove this to be true!

The Trail Conference and Rutgers University are looking for 45 hikers who are interested in helping to identify common invasive species in state park lands and track the occurrences using GPS units. In return, these volunteers will be offered extensive training in plant identification and the proper use and care of GPS devices.

The actual field work will occur during the months of June and July, when teams of two will be asked to hike a two-mile trail segment while recording the invasive species and documenting the location with the GPS device. Volunteers will be trained in plant identification as well as the survey protocol, which basically consists of walking slowly along the trail, scanning the woods and noting the presence, identity, and density of any invasive species seen.

Not a bad day in the woods!

The training portion of this project will begin in late May/early June (dates to be announced soon), so sign up now to ensure your place. Contact Heidi Adami at 201-512-9348, ext. 26 or adami@nynjtc.org.



CONSERVATION & ADVOCACY continued from page 4

the park. Many key trail planning decisions were deferred until “pending acquisitions” were completed.

One example of the work to be done is the Lake-to-Lake Trail. This southernmost trail in the New York State portion of the forest is widely regarded as unacceptable as a hiking trail because it is very eroded, with long stretches of wet/poorly drained areas and no decent views. However, a narrow hiking-only trail situated on some of the higher ground in this area (while avoiding sensitive habitat) could offer one of the best hiking experiences in the park, with strik-

ing views of a cedar swamp to the north, and the lakes to the east and west.

There are many other projects detailed in the February 2005 Trail Conference recommendations, but we can summarize by saying that with proper planning and signage, there is room for a diverse, properly designed trail system in the forest.

Now that the original Sterling Forest tract has been made whole since we have closed the “hole in the donut,” let's revisit the old recommendations, get our volunteers and park management together, and move ahead with giving Sterling Forest State Park the best-possible trail system that it and the public deserve.



The Tiny Frog with the Big Voice

By David Moskowitz

As winter begins to fade and the days become longer, there are many signs that spring is just around the corner: the first red-winged blackbird, pussy willows and skunk cabbage flowering, the reddish tint of swelling tree buds. But none announce that spring has arrived quite like the first chorus of spring peepers calling from some marshy area on a mild rainy day in March. In the Northeast, the call of the spring peeper is quite simply synonymous with *spring*.

The spring peeper is one of the easiest of our northeastern frog species to identify, at least by voice. Its name is onomatopoeic, simply reflecting the loud “peep, peep, peep” that the males utter during the breeding season in the spring. Other local common names are equally descriptive and include pink-wink, pee-wink, pinkle-tink, and tink. But describing the call simply as a “peep” or similar derivation just doesn't do the frog justice.

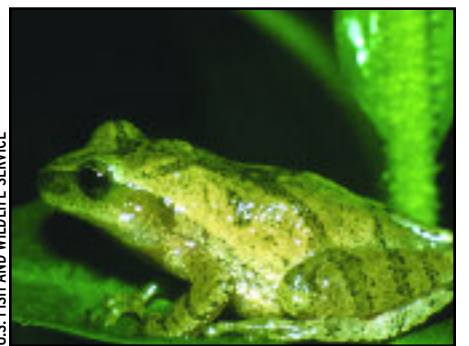
The spring peeper is only about an inch long, but a chorus of singing males can be deafening. I have stood in the midst of a spring chorus right next to other people and have been barely able to hear anything they were saying. Oddly, finding a spring peeper, despite their incredibly loud call, is not an easy task, and most people will likely have to enjoy their calls as a joyous consolation prize. I particularly enjoy the description of this frustration by the renowned biologist Mary Dickerson from *The Frog Book* she published in 1906:

“After we have heard the chorus every spring for years, the Peeper is still merely a voice to us... We search among the leaves and moss. No amount of looking reveals the shelter of this atom of a frog so eager for spring. The Peeper is still but a voice... The combination of sounds is almost ear-splitting... But where are the frogs? The voices are all about us. There is one particularly loud one at our very feet. We look; we scrutinize every leaf and stick and bit of grass. It is maddening that we cannot see the singer. With our slightest movement the sound ceases. And so again and again. We finally retreat, with the Peeper still a mysterious voice.”

The scientific name of the spring peeper is as wonderfully descriptive as its common name. This diminutive frog has a name longer than the frog itself: *Pseudacris crucifer*. But this name, derived from both Greek and Latin fits perfectly. *Pseudacris* translates to “false locust” and describes the insect-like sound of the spring peeper's spring chorus. *Crucifer* means “cross-bearing” and reflects the “x” that this little frog bears on its back and that is often the key field mark for its identification. The color of the spring peeper is variable; it may be greenish, brownish, or even grayish.

The spring peeper has a wide range that extends throughout the eastern half of the United States and Canada. The habitat of the spring peeper includes just about any kind of wetland from wooded swamps and vernal pools to open marshes and even wet fields where there is standing water throughout the spring. In the Northeast, breeding begins in March and typically continues through May, when the choruses begin to taper off.

The spring peeper is one of the earliest frogs to emerge from hibernation and often sings when the air temperature is at or even a bit below 50°F. Occasionally, on warm winter



U.S. FISH AND WILDLIFE SERVICE

A bigger-than-life photo of the tiny spring peeper.

continued on page 11



GEORGETTE WEIR

Looking north over the Hudson Valley from the Wilkerson Memorial Trail on the Fishkill Ridge

AMC-NYNJ. Arden, Harriman State Park, NY. Leader: Art Tollefson, 212-727-8961. Meet: 9:20am at Elk Pen parking, 2 miles north of Southfields, NY. Moderate pace, 9 miles; we'll take our time on the hills.

WEIS. Women's Hike, NJ. Leader: Contact Weis Ecology Center for more info and to register; 973-835-2160. Meet: 8am at Weis in Ringwood, NJ. Join sanctuary staff for moderate 3 miles to favorite scenic spots. Cost: \$5.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Mimi Solomon, 973-379-3910. Meet: 10am at Tulip Springs parking, Brookside Ave. Moderate hike of about 2.5 hours. Over Rahway River bridge, climb to green fields above, back through lovely woodlands.

Sunday, April 15

IHC. Trail Maintenance, Sterling Ridge Trail, NJ. Leader: Jim Canfield, 973-728-9774. Meet: 9am at south end of trail, Rt. 511, Hewitt, NJ. We need everyone's help for another spring cleanup. Bring lunch, water, clippers, work gloves; can use tools provided by club. Moderately strenuous. Rain date is Saturday, April 21.

WEIS. Hook Mtn. and The Tors, NY. Leader: Don Weise. Contact Weis Ecology Center for more info and to register; 973-835-2160. Meet: 9:30am at Weis in Ringwood, NJ. Challenging 11 miles at a fast pace; amazing Palisades journey on one of Long Path's most dramatic sections; out by 3pm. Cost: Non-members \$8.

UCHC. Lewis Morris Park, Morristown, NJ. Leader: Louise White, 973-746-4319; call 9am-9pm. Meet: 10am at Sunrise Lake, upper lot. Moderate hike with some hills.

Monday, April 16

UCHC. Branch Brook Park, Newark, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am; call for directions. Easy, level hike; about 3 miles. Let's hope we see the cherry blossoms at their peak.

Tuesday, April 17

UCHC. High Mountain Park, NJ. Leader: George Smith, 973-778-3586. Meet: 10am; call for directions. Moderate 5-7 miles in an unusual area.

Wednesday, April 18

UCHC. Cheesapeake Park, Matawan, NJ. Leader: Ben Sterman, 201-797-0468. Meet: 10am; call for directions. Easy hike; about 5 miles with some hills and wet spots. Mixed terrain of pine barrens, freshwater swamp, with many birds; park ranger may accompany us.

Thursday, April 19

UCHC. Appalachian Trail, Wantage, NJ. Leader: Joyce Breach, 973-875-4376. Meet: 10am; call for directions. Moderately strenuous 8 miles through woods, pastures and swamp (boardwalk). Short shuttle required. Rain cancels.

TRAIL U

continued from page 5

their own section of trail and can dig at their own pace; as a group, we will construct a significant section of trail.

**March 31
TU 177 Bear Mountain Project Overview and Orientation @ Bear Mountain**

Get a big-picture view of the mountain by touring much of the new trail route, review completed work, and learn about ways of contributing to the project.

**April 1
TU 178 Rigging for Trail Work-Introduction @ Bear Mountain**

Learn basic safe operation of Griphoist winches and highline systems to move heavy materials safely and with great ease.

**April 7 and 8
TU 179 Stone Splitting and Shaping - Intermediate @ Bear Mountain**

Learn how to cut and shape stone to build durable trail structures out of the preferred building material of AT trail builders.

**April 15th
TU 180 Advanced Rigging Workshop I @ Bear Mountain**

This course is designed for people who have used rigging in trail work before. Learn how to set-up highline systems, gain a better understanding of some nonstandard techniques including clamping cables,

transporting materials from downhill of destination (using electric and gas hoists), and alternate safe methods of setting up spars (tree climbing).

**Saturday, April 21
TU 170 Trail Maintenance 101 @ Newark Watershed Conservation and Development Co. Facility at Echo Lake**

This one-day training session teaches maintenance techniques, trail standards, and what problems to expect on the trails and how to solve them. If you are interested in becoming a maintainer or enhancing your maintenance skills, this is the perfect workshop for you. No previous experience is necessary and beginners are welcome. Students will spend the morning in a classroom environment and then head out into woods for a hands-on exercise. No fee.

**Sunday, April 22
TU 171 Introduction to Trail Construction and Restoration @ Wawayanda State Park Maintenance Facility**

If you have wanted to help on a trail crew, this is the workshop for you. During this day-long workshop participants will restore a section of trail by constructing steps and waterbars, side hilling, and learning other basic construction elements and techniques often used to restore eroded trails. There is a preliminary overview of the course in the morning and then we head off for a hands-on training session. No previous experience is necessary and beginners are welcome. No fee.

Saturday, April 21

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Jim Schlegel, 973-731-4339. Meet: 10am at Tulip Springs parking, Brookside Ave. Moderate hike (2.5 hours).

Sunday, April 22

GAHC. Ramapo Lake-Bill Hoeflein Trail, Oakland, NJ. Leader: Helga Nagy, 973-772-2119. Meet: 9:30am at lower parking lot, west side of Skyline Dr. Moderate and easy hikes.

IHC. Gertrude's Nose, Minnewaska State Park, NY. Leader: Jennifer and Guy Percival, 973-984-1005. Meet: 8am at Harriman RR station in Arden, NY. Moderately strenuous 8 miles from the lake, around Gertrude's Nose, then on to Millbrook Mtn. for views and sheer cliffs. Parking fee; rain cancels.

WEIS. Highlands Hikes, NJ. Leader: Charlie Toole. Contact Weis Ecology Center for more info and to register; 973-835-2160. Meet: 9:30am at Weis in Ringwood, NJ; possible carpool to trailhead. Moderate pace, exploring special places in Highlands region; out by 2:30pm. Cost: Non-members \$8.

UCHC. Cheesapeake State Park, Matawan, NJ. Leader: Jay Dibble, 908-289-8813. Meet: 10am at Garden State Parkway commuter parking, exit 120. Brisk 4-5 miles with some hills; about 2.5 hours.

Tuesday, April 24

UCHC. Washington Valley Park, Bridgewater Township, NJ. Leader: Steve Gruber, 908-647-3253. Meet: 10am at parking lot on Newman's Lane; call for directions. 5-6 miles on easy to moderate terrain.

Wednesday, April 25

UCHC. Kay Environmental Center, Chester, NJ. Leader: Joe McLaughlin, 973-263-2799. Meet: 10am; call for directions. Moderate hike; about 5 miles. Hike along the Black River in this beautiful wooded park.

Thursday, April 26

UCHC. Schunemunk Mountain, NY. Leader: Carolyn and Jim Canfield, 973-728-9774. Meet: 10am at Taylor Rd. parking; call for directions. Moderately strenuous 8+ miles on Long Path and Jessup Trail. Beautiful ridge views and that unforgettable conglomerate rock beneath our feet.

Saturday, April 28

IHC. Wawayanda State Park, NJ. Leader: Carolyn and Jim Canfield, 973-728-9774. Meet: 9am at boat launch parking, Hewitt, NJ. Moderate hike with minor hills, past lakes and swamps. Who knows, maybe a bear or two will make an appearance.

Sunday, April 29

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Rick and Ellen Jeydel, 908-232-2413. Meet: 10am at Trailside Nature & Science Center, Coles Ave. at New Providence Rd. Very fast-paced 6 miles with some rocky trails; for experienced hikers only. Steady rain cancels.

Tuesday, May 1

UCHC. Schunemunk Mountain, NY. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at Taylor Rd. parking; call for directions. 6 miles at moderate pace but on a moderately steep trail. We'll drive around the mountain and hike up the western side.

Saturday, June 2 is National Trails Day. Plan now.

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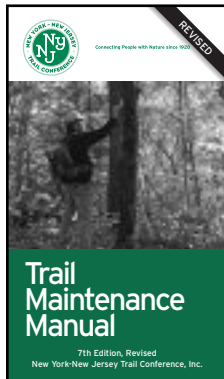
Lydia Silman Zakim Supports New Edition of Trail Maintenance Manual



Harry B. Silman inspired a tool fund in his name.

Continuing a family tradition of supporting Trail Conference volunteers who build and maintain our hiking trails, Lydia Silman Zakim has made a generous contribution to fund the publication of the new edition of the Conference's *Trail Maintenance Manual* – the “Bible” for all trail maintainers.

In 1982, the Silman family established the Harry B. Silman Tool Fund to honor the memory of Lydia's father, Harry B. Silman, a dedicated trail builder and maintainer. As Lydia's mother, Marcelle Silman, put it: “Harry's real legacy was trail work. He helped lay out trails in Harriman Park in the 1930s, working with Raymond Torrey and Major Welch, and he faithfully maintained trails. Today's Trail Conference volunteers carry on this legacy of volunteer involvement and commitment.” Over the years, the Silman Tool Fund has enabled the Trail Conference to acquire tools needed by our trail crews to continue their important work.



Donations toward the purchase of tools directly support the trail work of the many Trail Conference volunteers. If you wish to consider making a donation for this purpose, please contact Josh Howard, josh@nynjtc.org, or Larry Wheelock, wheelock@nynjtc.org

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THE TINY FROG

continued from page 7

days, a lone peeper or two will be heard calling, taking a chance at being the first to advertise his intentions. But returning colder temperatures will cause them to hide for a bit longer in a sheltered place until warmer spells occur.

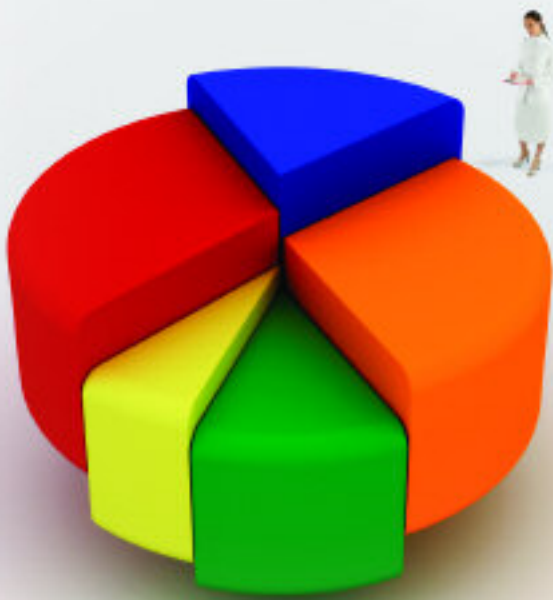
The quality of the call is important as females select males based on the call, so apparently it pays to advertise. Spring choruses often occur during the day during wet weather, but the loudest are during the evening as the breeding season progresses and nighttime temperatures remain mild. In April the tiny eggs are laid singly and the equally tiny tadpoles hatch about a week or two later. The tadpoles mature into adults in about three months and then leave the breeding pools for the surrounding woodlands and fields. The diet of the spring peeper is as diverse as their wetland habitats, and includes any small insects that come across their path.

Fortunately, at least for now, this frog has not declined as significantly as other species with more specialized habitats. Nonetheless, every wetland loss can create a gap of silence in the woods and swamps as the habitat of the spring peeper is eliminated. And to make matters worse, frogs are facing pressures worldwide. Many species are disappearing for as yet unknown or poorly defined reasons, even when the habitat remains suitable.

It's almost impossible to imagine how impoverished the woods would be in the spring without the loud, wonderful, piercing choruses of the spring peeper letting us know that winter is over. As I write this from the vantage point of mid-January with temperatures in the 20s, I know that it won't be long until I hear that first spring chorus of peepers, and it makes me smile.



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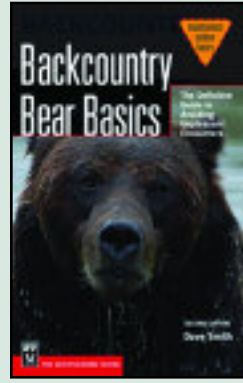


Pictured: Physical Therapists Tom Lavosky, Floriza Ordonez-Vega, and Owner Todd Edelson (Lic. # 40QA002640000)

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Book Review

Backcountry Bear Basics



By Dave Smith
The Mountaineers Books,
2006, second edition
Reviewed by Georgette Weir

Subtitled *The Definitive Guide to Avoiding Unpleasant Encounters*, this little book from naturalist Dave Smith is a lively guide to bear behavior, useful whether you are planning a trip to Yellowstone National Park or just putting out your garbage in West Milford, NJ.

Smith covers both black bears and grizzlies—they are behaviorally as well as biologically different—so the information is relevant to outings in the New York-New Jersey region. He presents up-to-date, basic data on what is known of bear biology and

behavior, while covering the usual topics of cooking and food protection, whether to run or hold your ground, how to handle pepper spray, what to do if you have the misfortune of a too-close encounter. He wades through the swamp of often conflicting cautions and advice (regarding the supposed dangers of menstruation, for example), in the process often revealing the lack of substance or consistency to backcountry regulations, advice, and practices. (For instance, Smith asserts that many designated backcountry campsites were not selected with bears in mind, and are in fact on spots frequented by the animals.)

Fact or Fallacy boxes scattered throughout the text serve to summarize many of Smith's key points. One example: "Fallacy: Play dead for a grizzly; fight back against a black bear...Fact: Play dead if a defensive bear makes contact; fight back against a predatory bear..." The distinction he makes in this example represents his approach throughout the book: respect and understand bears as individuals, regardless of species. Smith gives the reader some of what is needed to make that effort.

I take two key insights from the book: 1. Don't think of territory when it comes to bears, think of their personal space—and stay out of it. 2. Accept responsibility for being aware of a bear before it is aware of you. Both mindsets will help keep you out of harm's way; the second requires an attentiveness that can only enhance your experience of your hike.

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Paragon Sports and Campmor
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Banff Mountain Film Festival World Tour

PHOTO: MARIO PREZELI

Gear raffles sponsored by Campmor and Paragon Sports at these events benefit the Trail Conference.

This traveling exhibition from the 31st annual Banff Mountain Film Festival brings you the world's best mountain films. Experience the adventure of climbing, mountain expeditions, remote cultures, and the world's last great wild places – all brought to life on the big screen.

New York City Event

Tuesday, March 6, 7:30 pm
& Wednesday, March 7, 7:30 pm
(different films each night)

Peter Norton Symphony Space
2537 Broadway at 95th Street
Tickets available after Jan. 15, Paragon Sports (867 Broadway at 18th Street) or www.paragonsports.com. Tickets are also available now at Symphony Space or by phone 212-864-5400 or www.symphonyspace.org (handling charge by phone and online).

For additional info, film list, and directions visit www.chestnutmtnproductions.com.

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No camping gear?
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We are Malouf's Mountain Sunset Camp, a hike in/hike out catered camping resort. Simply take Metro North to the Beacon train station, then a cab to one of 3 trail heads, where we will meet you to take any gear you do not wish to carry, so you can enjoy a nice hike on the Fishkill Ridge. We can supply you with most of your camping necessities. Most sites have a platform for off the ground camping or rough it on one of our primitive sites. Our modern facilities and hot showers will put the finishing touch to your stay.

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Favorite Hike

By Marie Caruso

Table Rocks



The slabs of Table Rocks point to great views over the Rondout Valley.

This hike at the Mohonk Preserve in New York's Shawangunk Mountains is a favorite because it's short (4 miles or less round-trip), of moderate difficulty, offers fantastic views, and the rock formations at the namesake destination are unusual and dramatic. Also, the route traverses a varied landscape that includes meadows and forests and offers seasonal treats year-round.

Start at the Preserve's Spring Farm entrance, accessed from Mountain Rest Road (County Route 6), just northeast of the Mohonk Mountain House. From the parking area (there is a fee or Mohonk Preserve membership required), cross the dirt carriageway and look for the blue blazes of the Table Rocks Trail. Turn left onto this trail. In less than a quarter-mile, you will emerge onto a small rise in a meadow that offers what author Jeff Perls refers to in his *Shawangunks Trail Companion* as "the famed Million Dollar View to the Rondout Valley and distant Catskills Range." This is definitely a view worth stopping for and savoring.



Peek into otherworldly crevices.

This area of the Preserve is tracked with several trails and carriageways, and the path to Table Rocks crosses, intersects, or is sometimes co-aligned with a number of them. In meadow areas, the path is kept mowed. But you will need to pay attention to the blue blazes to keep on the right route.

At the 1-mile point, turn left onto Clearwater Road, a sometimes rough carriageway. (Bikes are permitted on this stretch of the route.) In about another half mile, boulders and rock formations begin to loom in the woods to the left. Begin looking for the trail turnoff, which will lead you into this dramatic landscape of slabs and crevices and finally emerge onto the fabled Table Rocks, where another great view opens up. This is a great place to stop for a snack or lunch. Beware, however, when unpacking goodies. These tables are set at what seems to be a 45-degree incline; apples and water bottles have a way of rolling away into the nearest crevice. On my last visit, I lost half my lunch.

To return, retrace your steps or consult the map to locate alternative trails that can turn this into a loop hike of almost any distance you like. The most spectacular will take you up to Bonticou Crag and yet more great views over the Hudson Valley and beyond.

Map: NY-NJ Trail Conference Shawangunk Trails-North, Trail Map 105

Length: 4 miles round-trip with lots of opportunities to connect with other trails that will extend the hike.

Highlight: It's usually necessary to work a lot harder to get views like the ones afforded at and along the way to Table Rocks.

How to Get There: Follow Route 299 west out of New Paltz. Immediately after crossing the Wallkill River, turn right at first junction, following signs for Mohonk Mountain House. Bear left onto Mountain Rest Road at the next junction, and stay on this, past the Mountain House, turning off onto Upper 27 Knolls to Spring Farm just as the paved highway makes a sharp left.

We Need Your Great Photos

Trail Walker is expanding our image library with high resolution photos of hikers and families in action as well as full-length volunteer portraits with tools. Be creative and search for interesting locations. If your image is used in the

Trail Walker, you will receive a photo credit. Send files (minimum of 1800x1200 pixels) in jpg format to tw@nynjtc.org. Include "Trail Walker Image Library" in the subject line. You may be asked to sign a photographer/model release form and *Trail Walker* retains usage rights to any submitted images. We look forward to seeing your submissions!



Prize-Giving Membership Drive, Now through May

Win a Grand Prize!

March has arrived and that means it is time to go out and find new members for our first Member-Get-A-Member drive!

As announced in the last *Trail Walker*, from March through the end of May, the New York-New Jersey Trail Conference challenges its members to encourage their friends, colleagues, and others interested in hiking to join the Trail Conference.

Each current member who sponsors a new member will become eligible for special recognition and prizes!

The three members who enlist the most new members will win one of this year's Grand Prizes:

First Grand Prize: Two-night stay at the Minnewaska Lodge

Second Grand Prize: One-night stay at the Emerson Spa and Resort with dinner for two at the Phoenix Restaurant.

Third Grand Prize: 25,000 frequent flyer miles on a domestic airline of your choice, donated by a board member

Additionally, for each new member you recruit, you will have an entry into our prize drawing for outdoor goods donated by our retail partners! We have backpacks, sleeping bags, headlamps, gift certificates, and more! The more new members you recruit, the more chances you have of winning!

So get on out there are start asking! Here are some ideas on whom to approach:

Friends you often hike with who are not current members

A colleague who is interested in hiking

Friends who frequently shop at our outdoor retailers

Family members who share your concern with environmental issues

Neighbors who are interested in discovering new family activities

As you can see, the prospects are limited only by your imagination. For more help and ideas on how to recruit, including sample emails, what to say, and additional membership forms, visit our webpage: www.nynjtc.org/MGM.

Ask your friends, family and fellow hikers to join the Trail Conference. As members, they'll receive all the great benefits that you enjoy as a member: a free subscription to the *Trail Walker*, members-only discounts at leading outdoor retailers and other establishments, and support for the organization that keeps the trails open for hikers year after year.

Thanks to our sponsors:

Eastern Mountain Sports

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New Membership Dues Starting June 1, 2007

At the Trail Conference Annual Meeting in October 2006, the Delegates voted to increase Trail Conference dues. As we all know, the cost of living has increased since our last membership dues increase in April of 2002. Consequently, so has the cost of doing business. Therefore, at the recommendation of the board of directors, the Trail Conference delegates, consisting of representatives from each of our member organizations, active member delegates, and delegates at large, approved a modest, yet necessary increase in membership dues.

The new dues will go into effect on June 1, 2007. Regardless of when your Trail Conference membership is set to expire, NOW is the best time to renew it. You'll be able to take advantage of special member-only discounted prices, and you'll be helping the Trail Conference at an important time, when open space and trail protection most need our attention and energy.

Act now. You'll be helping yourself and strengthening the Trail Conference in its efforts to protect and extend access to unspoiled nature.

Join the volunteers who bring you the great outdoors!

1,675 miles of trails and counting; your membership helps us expand our horizons.

Included with membership, *Trail Walker*, 10% discount on purchases at most outdoor stores, and 25% discount on all Trail Conference maps and books.



Join/Renew

Save time and a tree by joining or renewing online at www.nynjtc.org. Just click on the Join/Renew button.

MEMBERSHIP LEVEL	2006 DUES	2007 DUES*
Senior Individual (65+)	\$18	\$25
Senior Family (65+)	\$24	\$30
Individual	\$25	\$30
Family	\$31	\$40
Sponsor Individual	\$50	\$60
Sponsor Family	\$60	\$75
Benefactor Individual	\$100	\$120
Benefactor Family	\$120	\$150
Life Individual	\$500	\$1,000
Life Joint	\$750	\$1,500

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City _____

State _____

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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.

*Effective June 1, 2007

Tax-deductible.



A Trails Celebration

Trail Walker Special Insert

A week-long extravaganza of hikes, workshops, and entertainment.

Take Part in the 36th Biennial Conference of the Appalachian Trail Conservancy

July 13-20 at Ramapo College of New Jersey, Mahwah, NJ – All Welcome; Accessible Via Public Transit

This summer, July 13-20, the New York-New Jersey Trail Conference is proud to organize and host the 36th Biennial Conference of the Appalachian Trail Conservancy (ATC)—a week-long extravaganza of hikes, workshops, and entertainment open to the hiking community and their friends and family. This eight-page supplement to *Trail Walker* includes complete information about the event, to be based at Ramapo College in Mahwah, New Jersey, and accessible via public transportation. Plan to join us for just a day, or make it a vacation and come for the week. On tap are 94 hiking destinations (you can complete part of the 160 miles of the Appalachian Trail through our region or hike on many of the other 1500 miles of trails maintained by NY-NJ Trail Conference), 70 workshops, opportunities to work and learn trail-building skills on the Trail Conference's big AT relocation project at Bear Mountain, excursions for non-hikers, a youth program, and countless informal gatherings with hikers and trail volunteers from around the country. **Use the registration forms in this program, or sign up online at www.ramapo2007.org.**

Always a Step Ahead

For the hiking community, the Appalachian Trail is always a step ahead—both a vision and a reality that inspires casual and heroic hiking, creative volunteering, and dedicated professionalism. The New York-New Jersey Trail Conference has been there from the beginning, helping to lead the way. In 1923, volunteers for the newly created NY-NJ Trail Conference opened the first *new* section of the AT, in Harriman-Bear Mountain State Park. Two years later, NY-NJ Trail Conference joined with other clubs up and down the East Coast to create what is now known as the Appalachian Trail Conservancy (ATC), the nonprofit organization dedicated to maintaining, managing, and protecting the AT, the premier long-distance hiking trail in the United States. Today, ATC manages the Trail through a partnership agreement with the National Park Service and maintaining clubs.

Registration Information

Hikes, workshops, and other activities have registration limits; some have minimum sign-up requirements or they will be cancelled. Sign up early to ensure your selections and to qualify for an early-bird discount.

Unless otherwise noted, the registration fee covers the cost of all hikes, workshops, and meetings. Excursions, transportation to/from hikes, and the featured Saturday night entertainment require additional fees. Membership in the Appalachian Trail Conservancy, the New York-New Jersey Trail Conference, or any AT maintaining club is not required. All are welcome.



Choose from among 94 hikes, 70 workshops, and a host of other activities.

March 1 – Online registration opens.

May 15 – Last date for early-bird registration with a reduced registration fee. Paper registration forms must be postmarked by this date to get the early-bird fee.

June 1 – Last date to mail paper registration (must be postmarked).

June 10 – Last date for online registration.

July 1 – Registration reopens at conference for walk-ins.

Online registration is strongly encouraged. Go to www.ramapo2007.org. Registering online offers a greater chance of getting into popular events since it avoids delays in mailing and data entry. You know immediately if events are full and can consider various alternatives. Note that family groups may register together and make a single payment for all group members.

You may pay by check even if using online registration. Checks must be received within 10 days to avoid cancellation of your registration.

Those unable to register through the web site may submit completed registration forms (see pages 7B and 8B in this supplement) to Ramapo 2007, PO Box 576, Yorktown Heights, NY 10598-0576.

Make checks payable to: NY-NJ Trail Conference

Walk-in registration will be limited to those staying off campus and strictly on a space-available basis. Many events are expected to be full. If you want on-campus lodging, you must register by June 1 (paper), June 10 (online).

Conference Site

Ramapo College is New Jersey's public liberal arts college. Located in Mahwah, its bucolic campus is on a former estate, close to parks with miles of hiking trails.

Getting There

Ramapo College is accessible via many

modes of transportation, including public transportation. Rail service is just a short taxi ride away and buses to and from New York City's Port Authority stop on campus. It is even possible to walk from the AT to a train station and arrive at the conference. For out-of-town folks, there are five airports.

By car: Ramapo College is on Route 202 near routes 17, I-287, and I-87 (New York State Thruway). It is 1.4 miles south of the Route 202 exit on Route 17. Follow signs to the college and go to the second traffic light at the campus. Turn left into the campus, left again at a T-junction, and then an immediate right to park in the area for students. Walk uphill to the Alumni Lounge in the Student Center.

Additional driving directions are online, or obtain custom directions via Mapquest or Google for 505 Ramapo Valley Road, Mahwah, NJ 07430.

By rail: From New York City: Take New Jersey Transit train from Penn Station to Secaucus Junction (first stop). Change for northbound Bergen County or Main Line train, to either Mahwah, NJ, or Suffern, NY. Take a taxi to Ramapo College.

By bus: Take Coach USA from Port Authority Bus Terminal in Manhattan to Mahwah directly to the Ramapo College Campus. Some buses do not stop on campus. Bus fares to Mahwah from Port Authority Bus Terminal \$10.85, \$5.40 for seniors, one way.

Accommodations

Check-in: Begins Friday, July 13 at noon to 11pm; Saturday and Sunday, 7am to 7pm. A reception desk will be open daily.

On Campus

Residence halls: Two air-conditioned residence halls offer a total of 680 single beds. The conference website www.ramapo2007.org has more details about the residence halls and a link to room layout. People requesting a single

room will be assigned to a suite in Laurel Hall. **You must bring your own bed linen, including pillow, as the college will not be supplying it.** Fire regulations limit the number of people (beds) per room and additional cots, beds, or sleeping bags on the floor will not be permitted. All children will be assigned beds. Children 12 and under will be charged half price.

Camping: All camping is off campus.

Official Conference campsite: Campgaw Mountain County Reservation is 1.5 miles from the college. Tent camping will be on an open field and available for the entire week on a per diem basis. Flush toilets and showers are located within the park; portable toilets will be provided close to the camping area. Shower facilities will be available on campus from 4:30-6:30pm

continued on page 2B

Conference at a Glance

Friday, July 13

Check-in, registration from noon
Hike/Workshop on AT
at Bear Mountain

Exhibits, sales by clubs and vendors

Opening campfire at 8pm; off-campus; sign up for free ticket and plan to car pool.

Saturday, July 14

Check-in, registration, 7am to 7pm
Afternoon: ATC opening meeting

Hikes, workshops, excursions

Youth Ecology Program begins; through Thursday, July 19

Exhibits, sales by clubs and vendors

Silent auction, 9am to 3pm

Evening entertainment: Folk/rock duo Aztec Two Step (\$12 ticket required)

Sunday, July 15

Check-in, registration, 7am to 7pm
ATC Annual Membership Meeting and election of Board of Directors

Hikes, workshops, excursions

Exhibits, sales by clubs and vendors

2,000 Miler Reception for long-distance hikers

Early evening entertainment: Arm of the Sea Theater

ATC Annual Membership Meeting and election of Board of Directors

Monday, July 16 - Friday, July 20

Hikes, workshops, excursions (last excursions, July 19)

Exhibits, sales by clubs and vendors end Monday at noon

Evening entertainments; see website for complete schedule

Protocol for Hikes, Workshops, and Excursions

Each hike, workshop, and excursion has a registration limit and some activities have a registration minimum. If an outing has insufficient registration, it will be cancelled. Register early to be sure to reserve a spot. All children 18 years old and younger must be registered with and accompanied by a responsible adult.

Check in: Upon arrival at the conference, please check in at the appropriate Hikes, Workshops, and/or Excursions Desks to confirm your participation in all activities. Notify them as soon as possible if you need to cancel. This will enable us to enroll wait-listed registrants to fill your spot.

Departure times and places: Please be at the designated departure location at least **15 minutes** before the scheduled departure time. Hikes and Excursions will leave on time.

Ride sharing: In order to keep costs down, *outings rely upon ride sharing, using participants' vehicles.* Please indicate your willingness to drive on your registration form and when you reconfirm your reservation upon check-in at the meeting. If an outing has insufficient drivers, it will be

cancelled. Passengers are expected to share the cost of tolls and parking and to contribute to the driver's gasoline cost. Mileage given in each description is the ride-share distance.

Approximate pay-as-you-go (PAYGo) fees for **public transportation** are indicated in the listing. Each \$ represents about \$5. Train fares for seniors 62 years and over are about 1/2 of full fare. It is easiest to pay for train tickets with a credit card.

Food: Pre-ordered bag lunches will be available during breakfast, or bring your own. Backpackers must provide their own food for the backpacking trips. All hikes leave after breakfast and are scheduled to be back for dinner. There are many restaurants in the area.

Do-it-yourself hikes and excursions: There are many more interesting hikes and excursions in the NY/NJ area than could be offered in this program. Self-guided hike or excursion packages will be available at the check-in desks. Additional information on www.Ramapo2007.org is available to help you plan your independent activities.

And for Youth...

This family friendly conference offers a Youth Program at New Jersey Audubon Weis Ecology Center (Weis), operated by the New Jersey Audubon Society. There will also be excursions, hikes, and a few workshops for children under 12. Teens can experience being on a college campus and attend workshops, hikes, and excursion as well.

The Youth Program at Weis will run from Saturday, July 14 through Thursday, July 19. There are no restrictions on the number of days a child can attend, but we recommend at least two. Children must be entering kindergarten and not be older than 12 years old. Expect your child to get interested, wet, and dirty. Programs will run rain or shine. Children should be dressed appropriately—no sandals or flip-flops allowed. They are to bring lunch with a refillable water bottle. Cost is \$50 per day. A medical form and a parent permission slip are required and must be turned in to the Youth Program table in Alumni Hall to complete the registration process. The forms will be sent upon registration. Transportation to and from Weis will be via bus. Parents are expected to have their children at the pick-up site 15 minutes before departure at 8am and pick their children up promptly at 5:30pm upon their return. If parents are on a hike, they should plan on being back on campus well before the pick-up time. The location for pick-up will be in the registration packet.



BIENNIAL CONFERENCE

continued from page 1B

every day. Campgaw allows self-contained RVs only, as there are no hook-ups, clean-outs, or disposals available. Cost for either camping or self-contained RVs is \$6 per person per day, with children under 18 free. Reservations are through the conference registration process.



Camping at Camp Glen Gray – Friday, Saturday, and Sunday nights only. This 750-acre site is an easy 5-mile drive from Ramapo College. Wooded tent sites, lean-tos, and cabins are walk-in, not drive-to. Campfires are permitted. All reservations for Camp Glen Gray must be made directly with them. Please note that all campers must leave Camp Glen Gray by 8:30 on Monday morning. All questions about camping at Camp Glen Gray should be directed to the camp itself. Call 201-327-7234 or see www.glengray.org.

Motels and Hotels

There are many nearby motels and hotels with a range of prices. See the conference website for a list, including mileages and driving times. Contact motels/hotels directly for reservations.

Meals

All-you-can-eat meals will be served buffet style in The Marketplace at Birch Tree Inn, the college dining hall located in the Scott Student Center. Prepaid meal tickets will be in your registration package. Meals begin with dinner Friday night, July 13. Bag lunches will be available every day, with bag lunches the only option Tuesday through Friday. Breakfast and bag lunches (no dinner) will be available on Friday, July 20. A Sunday picnic dinner—“New York Street Fair Meets Jersey Fresh”—will celebrate the ethnic diversity of the region and the summer produce of our host state. There is an extra charge for this dinner, and it is the only one offered on Sunday.

FYI

Bring a blanket to sit on for the two band shell concerts.

Souvenir T-shirts are for sale (see registration form).

Swimming will be available in the campus pool Monday through Thursday.

Internet access is available on campus.

WORKSHOPS

Workshops are scheduled in slots of 1 hour and 45 minutes; there are 15-minute breaks between slots. Some workshops run for more than one time slot and will run through the break. Others may not run for the full time allotted.

Workshops will take place in classrooms and in the field. The workshops that include a field trip are so noted and you should dress accordingly. Aside from the orientation trip, expect to get dirty on the work trips on Bear Mountain. Indoor workshop locations will be assigned after June 1. This information, and any changes, will be posted at the conference and in your registration packet. Some workshops have small materials fees payable to the instructor.

Friday, July 13

W1359 Bear Mountain Project and Hike. Eddie Walsh, NY-NJ TC Project Manager. 12:30-5:00pm BearMtProject

A PowerPoint presentation of the project and then a hike over the new AT route. The hike is mostly a bushwhack over some very rough terrain. You will see the work done in 2006 to the present.

Saturday, July 14

W1402 Monitoring Environmental Health: The AT Mega-Transsect. Brian Mitchell, Inventory and Monitoring Coordinator for NPS Northeast Temperate Network; Don Owen, NPS-ATPO Resource Protection Specialist; and Matt Stevens, ATC New England Regional Office. 8:15-10:00am Management

250,000 acres of AT lands form the core of the AT Mega-Transsect. Learn about it, what you can do, and participate in recent developments.

W1404 Trail Roundup: A Maintainers' Caucus. Kerry Snow, ATC Stewardship Council and PATC; John Hedrick, PATC Trails Supervisor; Pete Irvine, AT Coordinator, USDA Forest Service; Bob Proudman, ATC. 10:15-Noon Management

Join representatives of the AT maintaining clubs in discussing their challenges, concerns, and success stories.

W1412 History of the Appalachian Trail and the Appalachian Trail Clubs. Don Owen, Jack Adams, Michele Miller, Debra Smith, and Margie Coffin-Brown. 1:15-3:00pm History

The AT and the people who built it have an important place in conservation history. Presentations on restoring an original AT shelter, conducting an oral history of Trail clubs, and a cultural landscape inventory will be offered.

W1416 Beginning GPS Usage. John Jurasek 10:15am-3:00pm Equipment/Technique

Are you thinking of buying a GPS? Do you already have one but don't know how to use it? Come and learn what it is all about. Learn the fundamentals, then take a short hike and practice.

W1417 Hike Leadership. Danny (Danielle) Bernstein, hike leader for 30 plus years, author of the guidebook *Hiking the Carolina Mountains*. 8:15-10:00am Management

What are the challenges and rewards of becoming a hike leader? How does a hiking club attract and reward volunteer hike leaders? Come and take part in the discussion.

W1421 Nature Photography. Margo Moss, professional photographer. 10:15am-3:00pm Arts&Crafts

This workshop will emphasize composition and working with the natural light. We will go on the trail and learn how to take captivating outdoor nature photos. No experience necessary. All cameras welcome.

W1425 Care of the Feet. Edward Nieuwenhuis, DPM 8:15-10:00am Health

Dr. Nieuwenhuis, a podiatric surgeon, will speak about various foot problems associated with hiking and other activities. Methods for problem prevention and treatment will be discussed.

W1426 Developing and Managing Long Distance Trails. Bob Moss & Gary Haugland, NY-NJ Highlands Trail; Jennifer Heisey, PA Highlands Trail; Carl Knoch, Liberty-Water Gap Trail; and an East Coast Greenway Representative. 8:15-10:00am Management

A roundtable discussion. Possible topics include trail fundraising; building and maintenance; rights of way; vandalism, etc.

W1428 Backpack Selection. John Lopes, Ramsey Outdoor. 10:15-Noon Equipment/Technique

Get up to date on the newest pack technology and find the right pack for your body and your trip.

W1429 What's New in Tents. Roger Williamson, Assistant Tent Buyer, Campmor, Inc. 1:15-3:00pm Equipment/Technique

Want to find the ideal shelter for your overnight adventure? A Campmor buyer will discuss various lightweight tents and bring samples for you to try out.

W1433 Cider and Wine Making in the Hudson Valley. Joe Grizzanti. 1:15-3:00pm Arts&Crafts

The Grizzanti family has been active in cider and wine making in the lower NY area for several years. Learn about the history of their growing enterprise, the essentials of cider and wine making, and the aspects of these activities that are unique to the NY region. If possible, there will be a tasting. (An extra charge may be required.)

W1435 Arts and Crafts Workshop for Ages 10 and Older. Gail Schneider, artist. 1:15-3:00pm Arts&Crafts

Children will create plaster sculptures by pouring, combining, and assembling a wide variety of molded forms made from everyday containers and packaging. A materials fee of \$8 per student will be charged.

W1438 Introduction to Flyfishing. Volunteers from East Jersey Trout Unlimited (EJTU). 1:15-3:00pm Equipment/Technique

Learn about the capture and identification of macroinvertebrates that live in the Ramapo River and observe the art of fly casting. All equipment provided; wear sneakers and shorts to wade in river.

W1448 The Unknown Palisades. Eric Nelson, Palisade Interstate Parks Commission. 10:15-Noon History

Learn about one of the nation's first conservation efforts: the preservation of the New Jersey Palisades, in a fascinating slideshow presentation and narrative. Not a century ago these cliffs stood a real risk of being obliterated by massive quarry operations. Through the efforts of both ordinary citizens and renowned philanthropists, this scenic landmark was preserved.

W1454 Fire Towers in NY and NJ - Their History and Future. Lawrence G. Paul. 8:15-10:00am History

Slide presentation and discussion focused on local fire towers, their past and future. Exhibits will include a crank telephone and an actual alidade map table used for locating fires.

W1455 Introduction to Griphoist and Rigging. Lester Kenway 10:15-Noon Management

Learn Griphoist operations, proper care of wire rope, accessory tools for rigging systems, safety guidelines. To include slide show of rigging applications, question and answer session.

W1456 Demonstration of Griphoist and Rigging Systems. Lester Kenway. 1:15-3:00pm Management

Includes practice sessions with dynamometers, straight line pulls, mechanical advantage via multiple line pulls, zip lines, and high line systems, question and answer session.

W1457 Chainsaw Maintenance. Peter Jensen. 8:15-Noon Management

Spend four hours learning the fine points of chainsaw maintenance from a world-class pro. Bring your saw, tools, accessories, and ideas.

W1461 Beginner Bear Mountain Project Worktrip. NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The beginner group will focus on basic tread shaping, sidehill excavation, corridor clearing, and step construction.

W1462 Intermediate/Advanced Bear Mountain Project Worktrip. NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The intermediate and advanced group will work on rock steps, highlining materials, and stone crib wall construction.

Sunday, July 15

W1505 Saving Sterling Forest and Other Appalachian Gems. JoAnn Dolan, Dave Startzell, Ed Goodell, Laura Belleville, J.T. Horn, Morgan Sommerville. 10:15-Noon Management

Learn of recent protection initiatives and successes in land protection from a panel of experts. Sterling Forest encompasses 20,000 acres of key watershed and wildlife resources that are priceless; other gems in the eastern USA stand at a crossroads: Will they be developed, or will they be saved? Explore these and other real-life conservation battles throughout the Appalachian Range.

W1506 Shelter Creep: Managing the AT Camping Experience. Dr. Jeffrey L. Marion, Ph. D., Recreation Ecologist, U.S. Geological Survey; and Hal Wright, Educator, AT Section-hiker and Webmaster for the Allentown Hiking Club. 1:15-3:00pm Management

AT shelters are growing – in number, size, developments, and amenities. This has led to an increasingly social AT experience. Join us to learn about, participate in the debate, and help guide future ATC direction concerning this “potential” problem.

W1507 Trail Assessments for Project Planning. J. David Reus, NPS-ATPO Recreation Projects Coordinator; Matt Robinson, ATC GIS Specialist; Larry Wheelock, NY-NJ TC Trails Director; Michele Miller, ATC Regional Representative. 3:15-5:00pm Management

Using GPS equipment and mapping technology, ATC, ATPO, and maintaining clubs have developed an innovative work-inventory process that is used to develop both short and long-term project plans.

W1508 Rare, Threatened and Endangered Species of Plants on the AT. Kent Schwarzkopf, NPS-ATPO. 8:15-10:00am Management

More than 2,000 occurrences of rare, threatened, or endangered species and plant communities are in the AT corridor. Review the volunteer natural heritage monitoring program for the AT, the priorities set for protecting those species, and the actions that have already occurred.

W1513 Family Hiking: How to get Kids on the Trail, and Keep them Coming Back Lauren Lang and other PATC members. 1:15-3:00pm Management

What do you do to get kids out on the trail? PATC has had kid-friendly hikes for seven years. Let's share information and improve all our programs. Audience participation welcomed.

W1523 Infections and Other Medical Problems on the Trail. Gary Knackmuhs, MD. 10:15-Noon Health

A specialist in infectious diseases focuses on medical problems that can confront the hiker, including Lyme Disease, Giardia, and traveler's diarrhea, and medical supplies suggested for travel.

W1524 Orthopedic Injuries on the Trail: Prevention and Treatment. David Rudman, MD. 8:15-10:00am Health

An orthopedic surgeon talks about common orthopedic injuries that occur with hiking and measures for prevention and treatment.

W1530 Hammock Hiking. Ed Speer, author. 8:15-10:00am Equipment/Technique

Hammock camping is rapidly changing how America hikes, especially on long trails. Learn about using hammocks as a camping shelter, selecting, buying and making hammocks, setting up hammocks, how to stay warm, hammock safety, and Leave No Trace hammock responsibilities. A demo hammock on a stand will be provided for your testing.

HIKE SCHEDULE

Hike #	Name	Hike					Saturday 14	Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
		Miles	Hours	Terrain	Pace	Climb							
1	AT - Backpack NY	20.5	32	Mod.	Mod.	1750			H1601 8:00				
2	AT - Backpack NY/NJ	18.1	32	Mod.	Mod.	1250				H1802 8:00			
3	AT - Connecticut Line to NY Rte. 22	8	6	Mod.	Mod.	1250			H1603 8:00	H1803 7:45			
4	AT - NY Rte. 22 - NY Rte. 55	7	6	Mod.	Mod.	1400		H1504 7:30	H1704 7:45				
5	AT - NY Rte. 55 to NY Rte. 52	7.2	6	Mod.	Mod.	1200			H1605 7:45		H1905 7:45		
6	AT - NY Rte. 52 to NY Rte. 301	12.1	8	Mod.	Fast	1800			H1706 7:30	H1806 7:30			
7	AT - NY Rte. 301 to Graymoor Friary	11.9	7	Mod.	Fast	1300			H1607 7:45		H1907 7:45		
8	AT - Graymoor Friary to 7 Lakes Drive	10.5	9	Stren.	Mod.	2100			H1708 7:30		H1908 7:30		
9	AT - 7 Lakes Drive to Tiorati Circle	9.1	8	Stren.	Mod.	2500			H1609 7:30	H1809 7:30			
10	AT - Tiorati Circle to NY Rte. 17	5.5	4	Mod.	Mod.	1200	H1410 8:45		H1610 9:00			H2010 9:00	
11	AT - NY Rte. 17 to W. Mombasha Rd	4.9	6	Stren.	Slow	1750		H1511 8:45		H1711 8:30		H1911 8:30	
12	AT - W Mombasha Road to Mt Peter	7.1	6	Mod.	Mod.	1450			H1612 8:30		H1812 8:30	H2012 8:30	
13	AT - Mt Peter to Warwick Turnpike	9.5	8	Mod.	Mod.	1700				H1713 7:30		H1913 7:30	
14	AT - Warwick Turnpike to NJ Route 94	5.9	5	Mod.	Mod.	850		H1514 8:45			H1814 8:15	H2014 8:15	
15	AT - NJ Rte. 94 to Unionville	10.8	7	Mod.	Fast	1800			H1615 7:30		H1815 7:30		
16	AT - Unionville to High Point	9.8	8	Mod.	Mod.	2200				H1716 7:30		H1916 7:30	
17	AT - High Point (Rte. 23) to Deckertown Rd	5.3	4	Mod.	Mod.	650		H1517 9:00				H1917 8:45	H2017 8:30
18	AT - Deckertown Rd to Culvers Gap	8.9	5.5	Mod.	Fast	1300				H1718 8:00	H1818 7:45		
19	AT - Culvers Gap to Buttermilk Falls	9.3	5.5	Stren.	Fast	1750			H1619 8:00			H1919 8:00	
20	AT - Buttermilk Falls to Millbrook	8.4	5	Stren.	Fast	1850				H1720 8:00			H2020 8:00
21	AT - Millbrook to Garvey Springs Trail	9.9	5.5	Mod.	Fast	1350			H1621 8:00			H1921 8:00	
22	AT - Garvey Springs Trail to Delaware Water Gap	5.2	8	Mod.	Mod.	1700				H1722 7:45			H2022 7:30
23	AT - Pochuck Boardwalk/ Stairway to Heaven	8	7	Stren.	Mod.	1850			H1623 7:45			H1923 7:45	
24	AT NJ Rte. 94 to County Rte. 517	2	2	Easy	Slow	150	H1424 9:00	H1524 9:15					H2024 9:15
25	AT - Pochuck Boardwalk Easy	2	1	Access.	Slow	15	H1425 9:30	H1525 9:30		H1725 9:30			H2025 9:30
26	Rockefeller State Park Preserve	8	5.5	Easy	Mod.	150			H1626 8:45		H1826 8:30		
27	Highlands Trail/Hudson Farm	8.6	6	Mod.	Mod.	800			H1627 8:00		H1827 8:00		
28	Marsh Discovery Trail	1	1	Access.	Slow	0	H1428 9:30		H1628 9:30	H1728 9:30			
29	Wildflower Walk	1	1	Easy	Slow	0	H1429 9:30						
30	Black River Trail	5	3.5	Easy	Mod.	150			H1630 8:45				
31	Jockey Hollow #1	10	5.5	Mod.	Fast	500	H1431 8:00						
32	Jockey Hollow #2	6.5	5	Mod.	Mod.	500		H1532 8:45					
33	Alley Pond Park #1	5	4	Easy	Slow	0		H1533 9:00					
34	Alley Pond Park #2	5	4	Easy	Slow	0				H1734 9:00			
35	Staten Island Greenbelt	6	4	Easy	Slow	0			H1635 8:30				
36	"Central Park, NY"	6	4	Easy	Slow	0						H1936 8:30	
37	Sterling Ridge/Highlands Trail	9	7	Stren.	Mod.	800				H1737 8:15		H1937 8:00	
38	Mount Peter to Sterling Ridge	9	6.5	Mod.	Mod.	1800		H1538 8:00	H1638 8:15				
39	Wildcat Mt./Southfields Furnace	9	6.5	Mod.	Mod.	600		H1539 8:15			H1839 8:00		
40	East Mombasha to Sterling Ridge	7.6	5.5	Mod.	Mod.	1700				H1740 9:00		H1940 8:45	
41	The Elk Pen to Indian Hill	4.8	5	Mod.	Mod.	1000	H1441 8:00						H2041 8:45
42	Sterling Lake Loop/ Visitor Center	4	4	Easy	Slow	50	H1442 9:00					H1942 9:00	
43	Indian Hill Loop/ Southfields Furnace	5	3.5	Mod.	Mod.	300	H1443 9:15						H2043 9:15
44	Sterling Forest Loop/ Visitor Center	5	3.5	Mod.	Mod.	300	H1444 9:15		H1644 9:00		H1844 9:00		
45	Lakeville	1.5	1.5	Access.	Slow	0	H1445 10:00			H1745 9:30	H1845 9:30		H2045 9:30
46	Anthony's Nose via the Camp Smith Trail	6.2	6	Stren.	Mod.	1600		H1546 8:15				H1946 8:15	
47	Osborn Loop	7.4	6	Mod.	Mod.	1100			H1647 8:15				H2047 8:15
48	Breakneck Ridge - Killer Hike	11.1	9	Stren.	Fast	3800				H1748 7:30			
49	Fishkill Ridge	8.3	7.5	Stren.	Mod.	2200			H1649 7:45				
50	Fahnestock West	9.8	7	Mod.	Mod.	1300				H1750 7:45			

Hike #	Name	Hike					Saturday 14	Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
		Miles	Hours	Terrain	Pace	Climb							
51	Breakneck Ridge to Firetower	9.1	7	Stren.	Fast	2900					H1951 7:45		
52	Old Croton Aqueduct	5.5	5	Easy	Mod.	200				H1852 9:00			
53	Breakneck Ridge/ Bull Hill Circular	6.8	6.5	Stren.	Fast	2100			H1753 8:00				
54	Round Hill Circular	7.7	6	Mod.	Mod.	1300						H2054 8:00	
55	Bull Hill Circular	4.8	4	Stren.	Mod.	1200	H1455 8:30						
56	Breakneck Circular	2.8	3.5	Stren.	Mod.	1100	H1456 8:30						
57	Hidden Lake Circular	5.3	4.5	Easy	Mod.	300	H1457 8:00		H1757 9:00				
58	Ice Caves/ Minnewaska State Park	7.6	4.5	Mod.	Fast	1450		H1658 8:15		H1858 7:45			
59	Gertrude's Nose/ Minnewaska State Park	8	5.5	Mod.	Mod.	250			H1759 8:15		H1959 8:00		
60	Lake Awosting/ Minnewaska State Park	10	5	Mod.	Fast	250	H1560 8:00				H1960 8:15		
61	Long Path - George Washington Bridge to Alpine	11	8	Mod.	Mod.	400		H1661 7:30					
62	Nyack Beach State Park/ Rockland Lake	5	4	Mod.	Mod.	400	H1462 9:00	H1662 9:00		H1862 8:45			
63	Storm King/Crow's Nest	7	6	Stren.	Mod.	2000		H1563 8:00				H2063 8:00	
64	Black Rock Forest Circular	7	5.5	Mod.	Mod.	1000		H1564 8:45		H1864 8:15			
65	Black Rock Forest	7	5	Stren.	Mod.	2000			H1665 8:30		H1965 8:30		
66	Schunemunk #1	10	8	Mod.	Mod.	2200					H1966 7:30		
67	Schunemunk #2	12	7.5	Stren.	Fast	2400			H1767 7:45				
68	Schunemunk #3	7	6	Stren.	Mod.	2000		H1568 8:15					
69	Schunemunk #4	7	5.5	Stren.	Mod.	1500						H2069 8:30	
70	Mt. Tammany #1	9	6.9	Stren.	Mod.	1800			H1670 7:30				
71	Mt. Tammany #2	4.6	4.6	Mod.	Slow	1400					H1971 8:15		
72	Coppermine/AT	5.2	5.5	Mod.	Mod.	1500				H1772 8:00			
73	Rattlesnake Swamp Trail	4.5	4.5	Easy	Slow	300		H1573 8:15		H1773 8:15			
74	Lake Marcia	3	3	Easy	Mod.	600	H1474 8:45				H1874 8:45		
75	AT/Iris Loop plus High Point	8	5.5	Mod.	Mod.	1350		H1575 8:00		H1775 8:15			
76	Long Pond	2.5	2	Mod.	Mod.	400	H1476 9:30	H1576 9:30			H1876 9:30		
77	Wyanokies - High Point/Buck/Assiniwikum	7	5	Stren.	Mod.	1500	H1477 8:15	H1577 9:00			H1977 8:45		
78	Wawayanda Lake	6	4	Easy	Mod.	650	H1478 8:15		H1678 8:45		H1878 8:30		
79	Bearfort Mt. Circular	7	5	Stren.	Mod.	500	H1479 8:45			H1779 9:15		H2079 9:00	
80	Terrace Pond	4.3	2.5	Mod.	Mod.	300	H1480 9:15	H1580 9:30		H1780 9:15			
81	Townsend Trail Loop	3.2	3.2	Easy	Slow	300	H1481 9:15				H1981 9:00		
82	Schuber Trail	7	5	Mod.	Mod.	400	H1482 8:45	H1582 9:15			H1982 8:45		
83	Ramapo Reservation #1	10	6	Mod.	Fast	1500	H1483 8:15	H1583 9:15					
84	Ramapo Reservation #2	6	4.5	Mod.	Mod.	800	H1484 9:00	H1584 9:15					
85	Ramapo Torne	7	5.5	Mod.	Mod.	1000		H1585 8:30			H1985 8:15		
86	Pine Meadow Lake/ Harriman State Park	7	6	Mod.	Fast	300		H1586 9:00			H1886 8:30		
87	Dunderberg/Bald Mtn. #1	7	6	Stren.	Mod.	1700			H1787 8:30	H1887 8:00			
88	Anthony Wayne/ Timp Torne/West Mt. Loop	9	9	Stren.	Fast	1800		H1588 8:30			H1888 8:00		
89	Popolopen Gorge	7	6	Mod.	Mod.	1000		H1589 8:30			H1889 8:00		
90	Perkins Tower Circular	10	6	Stren.	Fast	2000		H1590 8:30			H1990 8:30		
91	Bear/West Mtns.	7	6	Stren.	Mod.	2000			H1691 8:30		H1891 8:15		
92	Around Doodletown & Bear Mt.	5	5	Easy	Slow	50	H1492 8:30					H2092 8:45	
93	Island Pond/ Harriman State Park	8	4	Mod.	Mod.	300	H1493 8:30			H1793 9:00		H2093 9:00	
94	Bear Mt. Zoo	2.5	2	Easy	Slow	0	H1494 9:30		H1694 9:30		H1894 9:00		

Hikes

The distance and elevation gain are listed for hikes which are rated for terrain and pace. You should choose hikes that are within your abilities. If you have any questions about the hike ratings or the difficulty of a particular hike, someone at the Hike Desk will be glad to help you select an appropriate hike. All hikers are expected to be capable of completing the scheduled hikes at the published pace and are expected to arrive at the hike departure point with gear appropriate to the trip. The hike leaders will exclude anyone who, in their opinion, may not be capable of completing the trip without difficulty. Youth under age 18 must be accompanied by an adult.

Hike Definitions

Terrain

Strenuous: Long and/or steep ups and downs, possible rock scrambling, or special considerations.

Moderate: Moderate hills, possibly limited-distance difficult sections.

Easy: Generally flat, pavement, woods roads, carriage trails.

Distance: Miles traveled by foot on the ground. This often does not seem to match the distance as measured on a map.

Pace

Fast: 2.0 miles/hour and faster

Moderate: Between 1.0 and 2.0 miles/hour

Slow: 1.0 miles/hour and slower

Elevation gain

This is the cumulative elevation gain in feet. For example, if you travel on a hike that climbs two times, once for 500 feet and once for 300 feet, the elevation gain is 800 feet.

First aid: Hike leaders will be carrying first-aid kits, but you are responsible for your own first aid, rain gear, etc. Please bring your own supplies. July is typically hot and humid in the New York metro area; do not underestimate the difficulty of the hiking. Bring plenty of water, typically at least a quart of water for every five miles of hiking. Be prepared!



Release Form

All hikers should sign a release form when registering for the conference. If the release form was not signed, a copy will be available at the hike departure area and must be completed before starting the trip.

HIKE DESCRIPTIONS

- 1 AT. Backpack NY. Overnight hike** (11.5 & 9 miles) from NY Rte. 52 to NY/CT border. Pawling Nature Reserve, Dover Oak (largest tree on AT), Nuclear Lake, views of Catskill and Shawangunk Mountains.
- 2 AT. Backpack NY/NJ. Overnight hike** (10.5 miles & 7.6 miles) from NY Rte. 17A to NJ County Rte. 517. Pochuck Boardwalk. Views of Greenwood Lake.
- 3 AT. Connecticut Line to NY Rte. 22.** (8 miles)Dover Oak (largest tree on AT), active and abandoned farms, Pawling Nature Reserve.
- 4 AT. NY Rte. 22 - NY Rte. 55.** (7 miles) The Great Swamp, West Mountain, Nuclear Lake.
- 5 AT. NY Rte. 55 to NY Rte. 52.** (7.2 miles) Short ups and downs to Mt. Egbert, views of Dutchess County and the Hudson Highlands.
- 6 AT. NY Rte. 52 to NY Rte. 301.** (12.1 miles) Rolling terrain with climbs up Hosner and Shenandoah Mountains, Canopus Lake in Fahnestock State Park
- 7 AT. NY Rte. 301 to Graymoor Friary.** (11.9 miles) Hike along a narrow gauge rail bed in Fahnestock State Park, rolling terrain with short climbs to reach Graymoor Friary.
- 8 AT. Graymoor Friary to 7 Lakes Drive.** (10.5 miles) Graymoor Friary, Canada Hill, Bear Mountain Bridge, Bear Mountain Zoo (lowest point on AT), and climb up Bear Mountain.
- 9 AT. 7 Lakes Drive to Tiorati Circle.** (9.1 miles) Views into Harriman State Park from West and Black Mountains.
- 10 AT. Tiorati Circle to NY Rte. 17.** (5.5 miles) Lemon Squeezer, Island Pond in Harriman Park
- 11 AT. NY Rte. 17 to W. Mombasha Rd.** (4.9 miles) Agony Grind, Arden Mountain, Little Dam Lake, Buchanan Mountain.
- 12 AT. W. Mombasha Road to Mt. Peter.** (7.1 miles) Mombasha High Point, Fitzgerald Falls, Bellvale Mountain with Cat Rocks and Eastern Pinnacles.
- 13 AT. Mt. Peter to Warwick Turnpike.** (9.5 miles) Bellvale Mountain Views of Greenwood Lake, Prospect Rock, NY/NJ line, lots of small ups and downs.
- 14 AT. Warwick Turnpike to NJ Route 94.** (5.9 miles) Wawayanda State Park, High Breeze Farm, Pinwheel's Vista, Stairway to Heaven.
- 15 AT. NJ Rte. 94 to Unionville.** (10.8 miles) Pochuck Boardwalk, suspension bridge, Pochuck Mountain, Walkill River National Wildlife Refuge.
- 16 AT. Unionville to High Point.** (9.8 miles) Vernie Swamp, farmland, High Point Monument (highest point in New Jersey).
- 17 AT. High Point (Rte. 23) to Deckertown Rd.** (5.3 miles) High Point State Park. Great Valley views.
- 18 AT. Deckertown Rd. to Culvers Gap.** (8.9 miles) High Point State Park, Stokes State Forest, Sunrise Mountain, Culver Fire Tower.
- 19 AT. Culvers Gap to Buttermilk Falls.** (9.3 miles) Hike along the 1.6 mile-Buttermilk Falls Trail to access the AT. Stokes State Forest, Wallpack Valley, Rattlesnake Mountain, Buttermilk Falls, Delaware Water Gap NRA.
- 20 AT. Buttermilk Falls to Millbrook.** (8.4 miles) Hike along the 1.6 mile-Buttermilk Falls Trail to access the AT. Buttermilk Falls, Delaware Water Gap NRA, Millbrook Village.
- 21 AT. Millbrook to Garvey Springs Trail.** (9.9 miles) Hike along the 1.2 mile-Garvey Springs Trail to access the AT. Catfish Fire Tower, Worthington State Forest, Delaware Water Gap NRA.
- 22 AT. Garvey Springs Trail to Delaware Water Gap.** (5.2 miles) Hike along the 1.2 mile-Garvey Springs Trail to access the AT. Sunfish Pond, Delaware Water Gap NRA.
- 23 AT. Pochuck Boardwalk/Stairway to Heaven.** (8 miles) Pochuck Boardwalk, suspension bridge, Stairway to Heaven (900 ft. ascent), Pinwheel's Vista, Wawayanda Mountain.
- 24 AT. NJ Rte. 94 to County Rte. 517.** (2 miles) Easy hike through cow field, woods, suspension bridge, and Pochuck Boardwalk.
- 25 AT. Pochuck Boardwalk.** (2 miles) Easy walk through Pochuck wetlands along boardwalk, suspension bridge.
- 26 Rockefeller State Park Preserve.** (8 miles) Easily accessible carriage ways/walking trails will be combined for a 6-8 mile loop. Elevation gain/loss about 150 ft.
- 27 Highlands Trail/Hudson Farm Highlands Trail from Rte 181 to Roseville.** (8.6 miles) Includes visit to Hudson Farm, where Benton MacKaye first voiced the idea of the Appalachian Trail. (www.highlands-trail.org)
- 28 Marsh Discovery Trail.** (1 mile) Marsh wildlife, accessible.
- 29 Wildflower Walk. Kittatinny Valley State Park.** (1 mile) Join the park naturalist observing the variety of wildflowers around the visitor center.
- 30 Black River Trail.** (5 miles) Cooper Mill, Conifer Pass Trail, Bamboo Brook Trail, David Kay Environmental Center.
- 31 Jockey Hollow #1.** (10 miles) Wick house and Grand Parade (reconstructed Revolutionary War camp).
- 32 Jockey Hollow #2.** (6.5 miles) Wick house, Grand Parade (reconstructed Revolutionary War camp).
- 33 Alley Pond Park #1.** (5 miles) Urban park located in Queens led by naturalist (history, geology, conservation).
- 34 Alley Pond Park #2.** (5 miles) Urban park in Queens. Largest continuous oak forest in the country; New York City's Chief Naturalist will lead the hike.
- 35 Staten Island Greenbelt.** (6 miles) Nature Center tour. Hike the Greenbelt, largest natural park area in New York City.
- 36 Central Park, NY.** (6 miles) Hike in the heart of New York in an urban park well known to birders.



- 37 Sterling Ridge/Highlands Trail.** (9 miles) Head south along the Sterling Ridge past a fire tower to Long Pond Iron Works
- 38 Mount Peter to Sterling Ridge.** (9 miles) Hike along the AT and Allis Trail, Fitzgerald Falls, Cat Rocks, Eastern Pinnacles.
- 39 Wildcat Mountain/Southfields Furnace.** (9 miles) Wildcat Mountain, Southfields Furnace, views of the Ramapo River Valley.
- 40 East Mombasha to Sterling Ridge.** (7.6 miles) Highlands Trail, Allis Trail, Buchanan Mountain, Mombasha High Point, and Sterling Mountain
- 41 The Elk Pen to Indian Hill.** (4.8 miles) Agony Grind, Indian Hill, views of Ramapo River Valley.
- 42 Sterling Lake Loop/Visitor Center.** (4 miles) Sterling Forest, iron mining history, Lautenberg Visitor Center.
- 43 Indian Hill Loop/Southfields Furnace.** (5 miles) Sterling Forest State Park, Ramapo River Valley views, Historic Southfields Furnace.
- 44 Sterling Forest Loop/Visitor Center.** (5 miles) Fire Tower, iron mining history, Lautenberg Visitor Center.
- 45 Lakeville.** (1.5 miles) Iron mining history, beaver dam, Lautenberg Visitor Center.
- 46 Anthony's Nose via the Camp Smith Trail.** (6.2 miles) Magnificent views of the Hudson River.
- 47 Osborn Loop.** (7.4 miles) Views of the Hudson River Valley and West Point in the southern portion of Hudson Highlands State Park.
- 48 Breakneck Ridge - Killer Hike.** (11.1 miles) Steep exposed climb; exposure along route; has stunning views throughout the hike.

- 49 Fishkill Ridge.** (8.3 miles) Views of the Hudson Valley and a bulldozer long forgotten.
- 50 Fahnestock West.** (9.8 miles) Pleasant walk through rolling terrain; last part of hike is through farm fields with views over the valley.
- 51 Breakneck Ridge to Firetower.** (9.1 miles) Steep with scrambling and exposure; magnificent ridge views; Sunset Point for lunch.
- 52 Old Croton Aqueduct.** (5.5 miles) Old Croton Aqueduct, river gorge.
- 53 Breakneck Ridge/Bull Hill Circular.** (6.8 miles) Magnificent views of the Hudson River; lots of elevation gain.
- 54 Round Hill Circular.** (7.7 miles) Well shaded and not crowded area in Fahnestock State Park; some views.
- 55 Bull Hill Circular.** (4.8 miles) Magnificent views of the Hudson River that are worth the climb.
- 56 Breakneck Circular.** (2.8 miles) Steep, tough with some scrambling and exposure, stunning views.
- 57 Hidden Lake Circular.** (5.3 miles) Rolling terrain, 0.7 mile along historic mine rail bed on AT in Fahnestock Park.
- 58 Ice Caves/Minnewaska State Park.** (7.6 miles) Sam's Point, Dwarf Pitch Pine barrens, waterfalls, cliffs, ice caves.
- 59 Gertrude's Nose/Minnewaska State Park.** (8 miles) Gertrude's Mountain, Lake Minnewaska.
- 60 Lake Awosting/Minnewaska State Park.** (10 miles) Lake Awosting, Minnewaska State Park, Castle Point, Long Path.
- 61 Long Path - George Washington Bridge to Alpine.** (11 miles) City views, GW Bridge, Palisade Cliffs.
- 62 Nyack Beach State Park/Rockland Lake.** (5 miles) Hudson River, Long Path.
- 63 Storm King/Crow's Nest.** (7 miles) Magnificent Hudson River views.
- 64 Black Rock Forest Circular.** (7 miles) Nine trails and several woods roads. Good views to the west and to West Point lands.

continued on page 8B

Ramapo 2007 Registration Form

Registration Number: _____

Register online to secure your preferred activities!

1 Complete a separate form for each adult and child. Make copies (both sides) as needed. Please print neatly or type. Note that all costs are **per person**. Forms must be postmarked not later than June 1, 2007.

Name: _____

Address: _____

City: _____

State: _____ ZIP Code: _____ Country: _____

Day telephone: _____

Night telephone: _____

Emergency telephone: _____

E-mail address: _____

Sex (M/F): _____ Age: _____

Will you have a car and are you willing to drive others to events if needed: Yes No

2 Name Tag: Indicate the exact information you want on your name tag:

Name: _____

Affiliation: _____

3 Check if wheelchair access is required.

Please describe any physical or medical conditions that will require special accommodations:

4 Lodging: Place an X in the appropriate box for the date and type of lodging desired. Enter the total cost in the Total Cost column. If you have a preference for a roommate or adjacent lodgers, enter the name(s) in the spaces provided. A roommate will be assigned if you select a double room and do not specify a roommate. The cost for a child 12 or under is \$14. A limited number of air-conditioned apartments will be assigned to attendees staying the majority of time during the conference, on a first-come, first-served basis. You must bring your own linen and pillow.

Roommate Request:	Adjacent Room Request:							Cost/Day/ Person	Total Cost
	Fri 7/13	Sat 7/14	Sun 7/15	Mon 7/16	Tue 7/17	Wed 7/18	Thu 7/19		
Lodging								\$28.00	\$
AC Dorm								\$14.00	\$
Child in Dorm								\$6.00	\$
Camping at Campgaw Mountain								\$6.00	\$
Self-Contained RV Only								\$6.00	\$
Total								\$	\$

I need handicapped accessible housing.
 No on-campus lodging required.
 Prefer single if available.

5 Meals: Each meal may be ordered separately. Place an "X" in the box for the date and type of meal ordered. Enter the total cost in the Total column. Meals for children ages 12 and under are half the adult rate. Meals for children age 3 and under are free.

Meals	Fri 7/13	Sat 7/14	Sun 7/15	Mon 7/16	Tue 7/17	Wed 7/18	Thu 7/19	Fri 7/20	Cost/Day/ Person	Total Cost
Breakfast									\$4.00	\$
Lunch									\$6.00	\$
Trail Lunch									\$6.00	\$
Dinner									\$9.00	\$
Special Dinner									\$13.00	\$
Box Supper (for excursions only)									\$9.00	\$
Total								\$	\$	

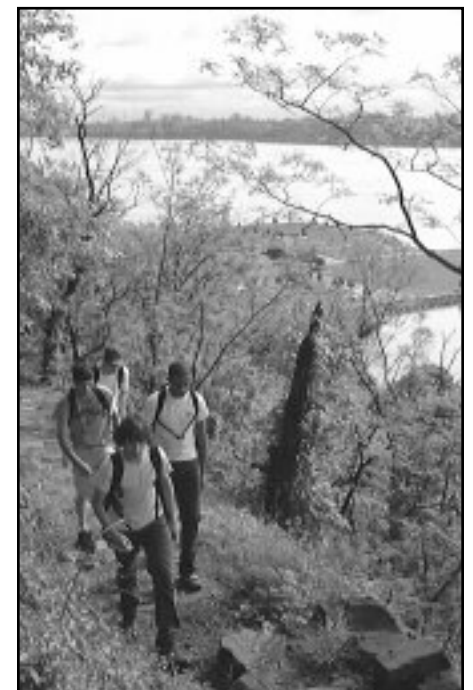
Vegetarian meals are available.



HIKE DESCRIPTIONS

continued from page 7B

- 65** **Black Rock Forest.** (7 miles) Great scenic area, various ups and downs.
- 66** **Schunemunk #1.** (10 miles) Megaliths, cave, magnificent ridge views, steep climb.
- 67** **Schunemunk #2.** (12 miles) Megaliths, cave, magnificent ridge views, steep climb.
- 68** **Schunemunk #3.** (7 miles) Megaliths, cave, magnificent ridge views, steep climb.
- 69** **Schunemunk #4.** (7 miles) Hudson River Valley views, Long Path, steep climb.
- 70** **Mt. Tammany #1.** (9 miles) Delaware River views, waterfalls, steep climb.
- 71** **Mt. Tammany #2.** (4.6 miles) Delaware River views, waterfalls, steep climb.
- 72** **Coppermine/AT.** (8 miles) Delaware River Valley views, historic mines.
- 73** **Rattlesnake Swamp Trail.** (4.5 miles) Catfish Pond views, fire tower, incredible views.
- 74** **Lake Marcia.** (3 miles) Observation platform, Appalachian Trail, Nature Center, good family hike.
- 75** **AT/Iris Loop plus High Point.** (8 miles) Appalachian Trail, Lake Rutherford, High Point Monument and Lake Marcia.
- 76** **Long Pond.** (2.5 miles) Monksville Reservoir, iron mining.
- 77** **Wyanokies - High Point/Buck/Assiniwikam.** (7 miles) 360-degree views in New Jersey Wanaque Reservoir area.
- 78** **Wawayanda Lake.** (6 miles) Iron Mountain - AT Hoeflerlin - Doublepond - Furnace.
- 79** **Bearfort Mountain Circular.** (7 miles) Jeremy Glick Trail, AT, Bearfort Ridge, lake views.
- 80** **Terrace Pond.** (4.3 miles) Secluded Terrace Pond, rock scrambles, Bearfort Mountain Natural Area.
- 81** **Townsend Trail Loop.** (3.2 miles) Sterling Forest. farm ruins, iron mining.
- 82** **Schuber Trail.** (7 miles) See the Ramapo from Ramapo County Reservation to Ramapo State Forest by hiking the Schuber end-to-end. Next door to Ramapo College.
- 83** **Ramapo Reservation #1.** (10 miles) Macmillan Reservoir, NYC skyline. Next door to Ramapo College.
- 84** **Ramapo Reservation #2.** (6 miles) Macmillan Reservoir, NYC skyline. Next door to Ramapo College.
- 85** **Ramapo Torne.** (7 miles) Seven Hills, HTS, and Pine Meadow Trails. Good views of the Ramapo River Valley.
- 86** **Pine Meadow Lake/Harriman State Park.** (7 miles) Pine Meadow Trail, Stony Brook Trail, 7 Hills Trail, Lake Sebago views, Pine Meadow, Lake Wanoksink.
- 87** **Dunderberg/Bald Mountain #1.** (7 miles) Ups and downs on Dunderberg, abandoned incline railway, fine views of Hudson River.
- 88** **Anthony Wayne/Timp Torne/West Mountain Loop.** (9 miles) The Timp, Bald Mountain, Doodletown, West Mountain, Appalachian Trail.
- 89** **Popolopen Gorge.** (7 miles) Popolopen Gorge, Popolopen Torne, Bear Mountain Zoo, historic sites, enjoyable views.



6 **Activities: Hikes, Workshops, Excursions, and Youth Program:** Enter the activity code in the box. Please indicate with a (D) next to the hike or excursion number if you can drive for a requested hike or excursion. Youth program: \$50/day/child.

Activities	Sat 7/14	Sun 7/15	Mon 7/16	Tue 7/17	Wed 7/18	Thu 7/19	Fri 7/20	Total Cost
Hikes								
1st choice								
2nd choice								
3rd choice								
Workshops								
AM 8:00								
AM 10:15								
PM 1:15								
PM 3:15								
Excursions								
Code								
Fee								\$
Youth Program (5-12 years old)								\$
								Total \$

Release Form: Participation in Ramapo 2007 meeting activities is voluntary. In consideration of permitting me to participate in these activities, and fully recognizing the hazards to which I will be exposed, by signing below, I hereby release all claims against the Appalachian Trail Conservancy, the New York-New Jersey Trail Conference, their affiliated clubs and members coordinating this meeting, the university, and the activity leaders for any personal injury, death, or property damage arising out of or in any way connected with such activities, including without any limitation any acts or omission caused in whole or in part by their negligence. This applies to activities on or off campus.

Signature: _____ Date: _____

7 A limited number of Ramapo 2007 souvenir T-shirts will be available for sale at the conference.

To assure that you get a T-shirt, order one with your registration and check your size choice.

Youth \$8: S M L Adult \$12: S M L XL XXL



8 **Costs:** Enter the costs below for lodging, meals, and activities. Registration forms postmarked on or before May 1, 2007, qualify for early registration. Registration fees are waived for children aged 12 and under. One check or money order may cover more than one registration, but please send the individual forms and check together.

- Check or money order enclosed (Payable to NY-NJ Trail Conference)
- Bill my credit card
 - Visa MasterCard American Express

Card # _____ Exp. _____

Signature _____

Mail completed form and payment to:
 Ramapo 2007
 PO Box 576
 Yorktown Heights, NY 10598-0576

Early Registration	\$36.00	\$
Registration after May 1	\$45.00	\$
Single Day	\$20.00	\$
Saturday Concert	\$12.00	\$
T-shirt (adult)	\$12.00	\$
T-shirt (youth)	\$8.00	\$
Lodging Total (from front)		\$
Meals Total (from front)		\$
Activities Total (from above)		\$
Total		\$

Refund Policy: All cancellations and requests for refunds must be in writing. Persons or families canceling will be refunded in full, less one registration fee. No refunds will be made after June 1, 2007.

- 90** **Perkins Tower Circular.** (10 miles) Hike the Fawn, AT, 1777W, SBM, and AT to Perkins Memorial Tower on Bear Mountain Return on the Major Welch, AT, and Fawn Trails. Good Hudson Valley views from the tower.
- 91** **Bear/West Mountains.** (7 miles) Long, steep climb on Major Welch Trail. Fine views from Bear and West Mountains
- 92** **Around Doodletown & Bear Mountain.** (5 miles) Walk the 1777 and 1777W Trails through the former village of Doodletown. Rediscover this forgotten place.
- 93** **Island Pond/Harriman State Park.** (8 miles) Appalachian Trail, Lemon Squeezer, Island Pond, Lake Skannataki, abandoned iron mines.
- 94** **Bear Mt. Zoo.** (2.5 miles) Great Family hike. See the zoo (all native animals) and the lowest elevation point on the AT.

